

ANCIENT CHINESE HIDDEN WEAPONS

Preface

Martial Arts were created in ancient China as a special technique in the field of Kung Fu. Nevertheless, a hundred years ago society paid more attention to the pen than to the sword, and Chinese Kung Fu, especially martial arts, was almost forgotten by the people. Only in the last few years were they once again advocated by the people, either at home or abroad. In the course of its development, Kung Fu refined a set of rather systematic training methods. These scientific and methodical trainings were helpful not only to the prevention of the practioners going astray in the course of training, but also to the rapid improvement of the standard of Kung Fu. They were also beneficial to the all-around improvement of physical wellness. This is why I, the author, have edited this book.

With regard to Chinese Kung Fu, there is an old saying in northern China: "If one learns Chinese boxing without practicing Chinese Kung Fu, it will become futile in his old age." With regard to other special martial arts such as hidden weapons, it is quite essential for Kung Fu students to acquire the knowledge and techniques of using them. This book is presented to those who love Chinese Kung Fu while learning how to use hidden weapons so that they may become perfect masters. Should some people express their opposition to the use of hidden weapons, because they think there are modern weapons such as pistol, rifle, and machine gun, even small nuclear weapons, it might seem foolish to use the almost abandoned martial arts, hidden weapons instead of modern ones. However, we should not rationalize, or make any devaluation of them. As a matter of fact, modern weapons are one thing, while ancient hidden weapons are another. We cannot say that rice is our main food

but that other food made of grains or flour is nothing. Furthermore, the price of modern weapons is much more expensive than that of ancient hidden weapons. The most important thing is that we have the responsibility of maintaining and promoting the ancestral martial arts-hidden weapons at the time Chinese Kung Fu is being promoted the world over.

Kung Fu students who have learned to spar might think this sufficient to defend themselves from their enemies. It is unnecessary, they would say, to learn hidden weapons. To the contrary, most things under heaven are unpredictable. When one Kung Fu man encounters another Kung Fu man, if the latter's martial arts of Kung Fu are much better than that of the former, and if the former knows how to use hidden weapons, the bad situation may be turned into good for him, and it will be easier for him to defeat the other. Elsewise, he would be beaten to the ground.

Another case is that if one is surrounded by several enemies and wishes to break through their encirclement, it will be very difficult for him to succeed unless he knows how to use hidden weapons and is able to hurt some of his foes. Above all, if one learns one more technique of martial arts, he would become more confident about protecting himself. Therefore, no Kung Fu students should not learn martial arts; i.e., in addition to the Kung Fu pugilism, all should still acquire the techniques of using hidden weapons. The Kung Fu man who possesses the techniques of using hidden weapons should strictly observe that hidden weapons shall not be used against the right people but as an emergency measure against the rascals or gangsters. This is called "Martial Morals". Moreover, by launching hidden weapons, you can hit a distant target that a sword or saber could not. Therefore, this book is not only to promote Chinese indigenous Kung Fu but to provide a tool to those Kung Fu lovers who want to teach themselves without a teacher. Thirty secret measures are illustrated in the book.

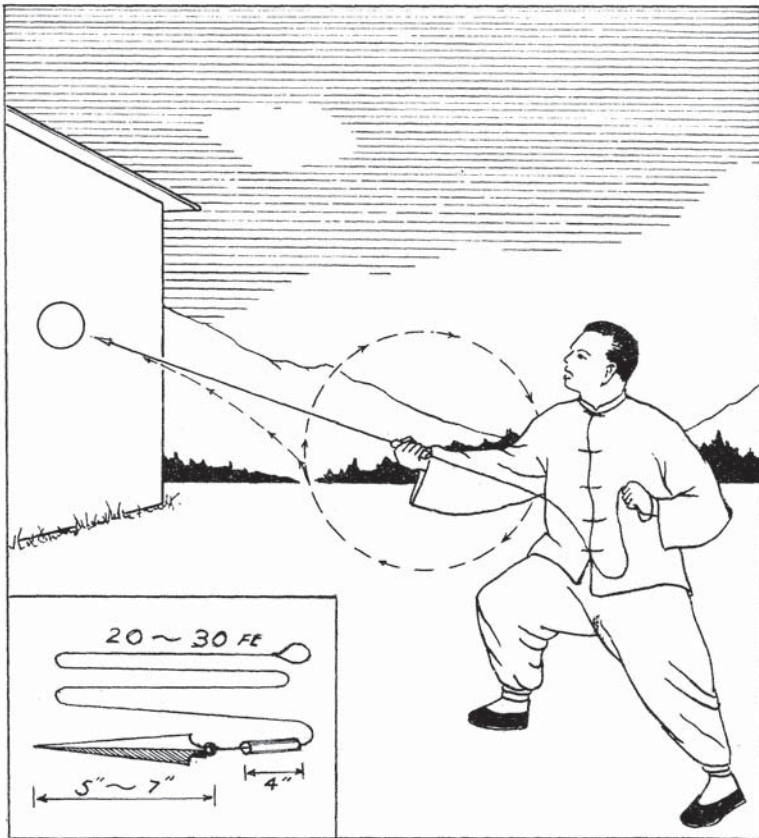
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1

Rope-Dart



1. The Structure of The Rope-Dart.

The Rope-Dart is divided into four sections: triangular dart, cone dart, pentagonal dart, and heptagonal dart. It all depends upon the practioner's option. No matter what shape they are, their function is the same. It has nothing to do with the shape. A triangular dart is cast in pure steel, about five to seven inches in length and nine ounces in weight. The body is triangular, with the front part in a sharp point and the back part round. At the bottom of the back, an iron ring is fixed for the purpose of connecting a soft but reinforced rope which is about twenty to thirty feet in length. Another bamboo tube is about four inches long and in suitable diameter for handling. Usually, the dart's rope is folded in four; the bamboo tube is connected to the dart, and the four-folded rope is wound on the waist with its end on the left side. The dart and bamboo tube are hung on the right waist so as to launch it suddenly. In an emergency, it is easier to throw the dart out with the left hand holding the end of the rope and the right hand grasping the bamboo tube.

2. Practice of Throwing the Rope-Dart.

The practice of the rope-dart differs from other hidden weapons due to the dart's being restricted by the rope. Thus, the dart is launched out by throwing the rope. It is not very easy to aim at the target. While practicing, it is necessary to draw a white circle with a diameter of one foot on a wall as the target. The height of the target is about the level of the shoulder.

Stand opposite to the target at a distance of fifteen feet. The end of the dart's rope is wound about the left wrist; a round knot is made. The left hand holds the rope about three feet from the dart, and the right hand grasps the bamboo tube. Both hands are placed about six inches above the waist. Make a dynamic tension of the muscles of the right arm and lift the dart

vertically outside the right waist; then throw it in a circle from below. Throw two or three circles at shoulder height. Meanwhile, release the rope on the left hand so as to have it follow the dart to the target. Its accuracy is completely dependent upon the bamboo tube held with the right hand. If you wish the dart to go higher, the front part of the bamboo tube should be lifted a little bit. Do the opposite to lower the strike. This works on the left and right sides. However, if the bamboo tube is lifted an inch higher, the striking point of the dart will be one foot or more higher. Thus, a slight error made by the hand results in a big error in the end. Therefore, in order to have the dart hit the target and be more effective while throwing the dart in a circle, the right arm should be used vigorously. Otherwise, if the dart throwing is slow and done without sufficient vigor, hitting the target would be in vain. Moreover, while the left hand releases the rope, it is prohibited to let the rope go completely without any control in order to avoid causing the following long rope to vibrate. Whether the dart hits the target or not, it must be retrieved immediately by drawing it back with the left hand. Meanwhile, the right hand grasps the bamboo tube and throws the dart in a circle as done previously before throwing the dart. Should the dart not be thrown in a circle, it will fly back directly at the launcher when yanked suddenly. In the beginning, practicing is difficult even if the target is large. Having practiced for three to four months, the student may have the dart hit the target in its circle but perhaps not hit the center point. Hence, the circle target may be reduced one or two inches. Continue to practice until the target is reduced to the size of a silver coin. Now, the student has succeeded with the fixed target and can advance to a level of not a single miss in a hundred tries.

For moving objects, practice is still required. Various brass blades in different sizes from the diameter of five inches to a half inch should be prepared and hung on the soft branches

of a tree. While the breeze passes over, the branches will vibrate, and the brass blades will follow suit. At that moment, launch the dart. If you can stand twenty feet from the targets and hit any you desire, your technique of launching a dart has achieved marvellous success.

One more practice method of launching the rope-dart at a fixed target is to set horizontally several different sizes of coins on a wooden board. Then, launch the rope-dart at the coins one by one. After all the coins are knocked down, the student may set the coins vertically again on the board and launch the dart aiming at the edges of each coin. It may be more interesting, before practicing with the moving target, to familiarize yourself with this method. You will need two years of practice to be successful with the rope-dart. However, if you concentrate and practice hard, you may become proficient in only a year. Certainly, the vigor of throwing the dart should be also given a thorough consideration.

3. The Origin of The Rope-Dart.

There is no reference to indicate where and when the rope dart developed. It is said that before it there was a cotton rope nine feet long with a ball tied at each end. When such a weapon was used by a professional, nobody could approach him. Furthermore, he could use its force to block up and defeat his component. Later, there was an unknown wise man who imitated the cotton rope-chain to create the rope-dart as one of the hidden weapons for self-defense. Though there is not any word or research to verify who created it, the time, according to some information, should be in Tang Dynasty. During that period, great talents of Kung Fu arts appeared successively. Among them some wise and excellent masters not only mastered the arts of one school of Kung Fu, but also knew how to change them and promote them, or created one kind of weapon and

set up a new school of their own. That is why there are many schools of *Kung Fu* today.

Why it is sure that the rope-dart was created before the Sung Dynasty is because the Off-Hand-Dart was made by Mr. Yu during that dynasty; and we know the Rope-Dart was created before the Off-hand-dart. Therefore, based on circumstantial evidence, the Rope-dart was surely created during the Tang Dynasty.

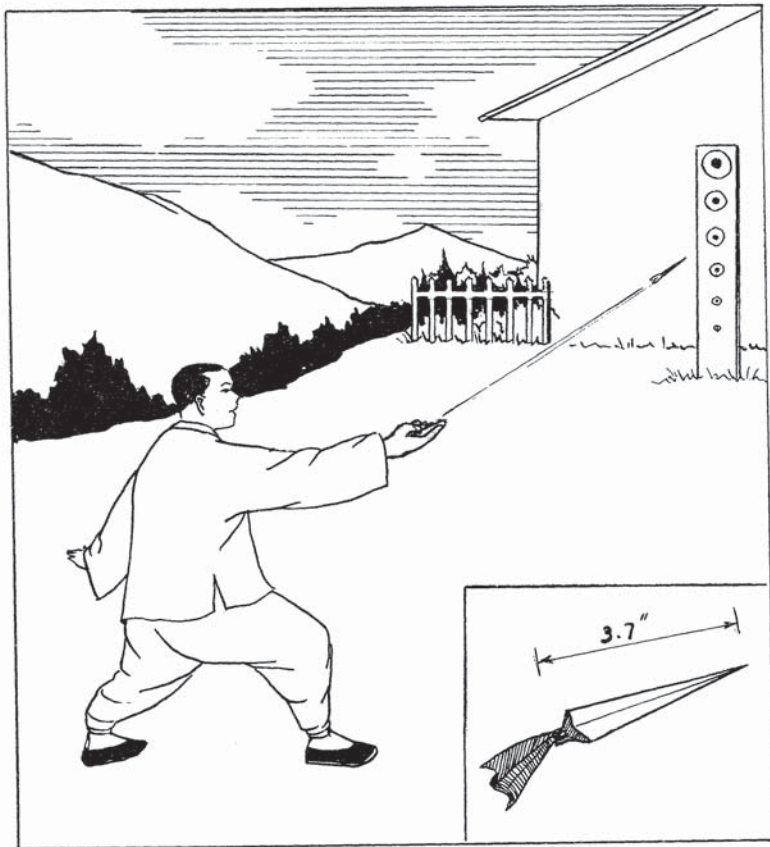
Initially, after the creation of the Rope-Dart, it was considered as a potent weapon that could reach a distant target and be drawn back. But when the Off-hand-dart appeared, it was found to be superior to the Rope-Dart. Nevertheless, the latter has been transmitted from generation to generation, though its effectiveness is not considered up to date and not as many students desire to learn it. There are only a few itinerants who still perform with it for the entertainment of audiences. Among the itinerants, it is not very difficult to find a few of them well-skilled. There was a man, whose last name was Tung, from north China. His technique of using his Rope-dart was excellent, not a single miss in his hundred tries. It was marvelous. Mr. Tung was a hired escort for travelling merchants and also a partner of an establishment which provided escorts to the merchants coming and going between north and south China. After the establishment ended, he wandered about. When questioned about his martial arts, he said there was nothing special about his fists and legs in *Kung Fu*. His forte was his technique of Rope-Dart playing. He was confident that his playing could win the approval of his audiences.

One day, a few interested people requested him to show his skill and gave him a golden coin for compensation. At that time it was just in the evening. In the room was a kerosene lamp with a white porcelain lamp shade. Mr. Tung put a coin leaning on the shade and said with smile "I shall stand twenty feet away

from the lamp and launch my Rope-Dart so as to hit the coin without touching and damaging the lamp shade. If there is any damage to the lamp, I shall buy a new one and also buy you all dinner." Immediately after saying this, he stood on the spot as he said and launched out his Rope-Dart. Only a clear and crisp sound was heard, and the coin fell. The kerosene lamp with the porcelain shade still stood, without any damage. All the audience gave him their enthusiastic praise. Mr. Tung said that in his whole life this was the only skill he had learned, and he was proud of it. Nevertheless, there were few who wanted to learn. He had only a few disciples and gradually the technique of using the Rope-Dart became unpopular in the field of *Kung Fu*.

2

Flying Dart



1. The Structure of The Flying Dart.

The Flying Dart does not need a rope and bamboo tube. The shape is the same as the Rope-Dart, with triangular, pentagonal, and cone shaped darts, depending on the student's option. But the size of the darts is smaller and weight lighter than those of the Rope-Dart. The most popular one is 3.7 inches in length and 6 or 7 ounces in weight. The Flying Dart is in three categories. The first is the dart with tassels made of two pieces of red and green silk cloth about two inches in length to improve balance and stability as do the feathers on an arrow. The second is a bare dart; that is, the dart without tassels. The third is the poisoned dart, prohibited according to Martial Morals. The Flying Dart usually has twelve or nine pieces as a set. In each set there is a special dart which is longer and heavier than is normally the case. It is used only in case of emergency. There are also Flying Darts more than four inches in length and more than seven ounces in weight, but they are used only by those with strong wrists.

2. The Practicing Method of the Flying Dart.

Making a target for the Flying Dart is the same as that for the Rope-Dart, but the technique of dart aiming and throwing is quite different. While the Rope-Dart is thrown with a rope controlling it, the Flying Dart is thrown by the wrist alone. Similarly, the aiming of the Rope-Dart is controlled by the bamboo tube, while the aiming of the Flying Dart depends upon the middle finger alone. A wooden board six feet long, seven inches wide, and four inches thick is vertically stood on the ground. Seven circles are drawn with red hearts in the center of each. Each circle is smaller than the other, from top to bottom. The biggest circle is six inches in diameter and the diameter of the red heart 1.5 inches. The last circle is one inch in diameter

and the red heart in 0.3 inch. At the beginning of practice, the student stands about six feet from the wooden board and gradually moves farther back until forty feet is reached. If the student can still hit the target with his Flying Dart at that distance then his technique with the Flying Dart has achieved success.

Learning to launch the Flying Dart, involves five steps. The first is how to hold the dart. As it is triangular with three faces, the size of each angle is the same, but the three faces are different, two narrower, one wider. In holding the dart, it is better to have the wider face pressed tightly against the middle finger, while the other, narrower, faces are held by the index finger and the ring finger, the three fingers in a clutching shape. The thumb presses on back of the dart and the dart's bottom is against the palm. The little finger presses on the ring finger to assist it. When the wrist is flicked, the dart comes out quickly.

The second step is to practice throwing the dart with the "positive hand," selecting targets from the biggest to the smallest (top to bottom). Launching the dart with the positive hand means to hit targets level or above. The dart is launched with the palm upward and with sufficient energy concentrated on the wrist; it is thrown forward or inward. If one desires to hit the higher target, the dart should be thrown so as to have the dart head upward. When the smallest target is not missed in a hundred tries, the student may advance to the next step, the "negative hand."

The third step is to use the "negative hand." This method is used only to hit objectives below horizontal. Upon throwing the dart, the palm should be downward, so as to hit the lower right quadrant or outwards. The energy is concentrated on the wrist with reverse force.

The fourth step is to practice the "fighting back dart." This is to launch the dart backwards, or to launch it over the shoulder,

or from the side of the waist. (If the dart is thrown with the right hand, it is launched over the left shoulder or the left side of the waist.) This method is adopted only if one is being chased by his opponent; it stops the opponent. It can also be used when one feigns defeat and "runs away." In any case, the dart should be thrown out "positive hand" rather than with the "negative hand."

The fifth step is to practice receiving the dart. One who is able to use the dart must be able to receive it. Thus he may be considered as the best *Kung Fu* man. If one can only throw the dart without the ability to receive it, though he may be able to hurt his foes, he cannot defend himself. To practice receiving the dart effectively, requires two persons. When the opponent throws out the dart, wait until it passes by; then, catch it from the rear. This is the easy and safe way. If you receive the dart by confronting it, it is easy to hurt your hand. Even if it does not hurt you, you must reverse the dart head before throwing it back. That takes time and gives a chance to your opponent to attack you. After having achieved success in receiving the dart, your technique will be excellent and marvellous. It will be easy to learn the successive beads darts.

3. The Origin of the Flying Dart.

The Flying Dart was created in the Northern Sung Dynasty. There was an old monk, Shing Yuan, who went to the western region when he was young and was taught by a strange man who mastered various Chinese *Kung Fu*. What he learned was different from the popular Chinese *Kung Fu*. He retired from public life to become a hermit in a temple located in Chung Chew, western Szuchuan Province, there to study *Kung Fu* carefully. He spent more than ten years studying until having undergone a mysterious change.

At that time powerful courtiers governed the country, and

their administration went from bad to worse. The monk predicted that the government might be overthrown soon. Therefore, he came back the central part of China in order to seek young talent to prepare them for future use to the nation. When he arrived in Chung Chou, he met a young man named Chou Tung who was appreciated by the monk for his courtesy, diligence of study, and his nature, which marked him as one who might become a teacher. Therefore, he was taught by the monk to use the spear. The next place the monk went was An Huei province, where he met Chao Kuei, who was brave and upright, and who was considered to be a great future asset to the nation. He was taught to use the saber.

In Chiang Su province the monk met Yu Chuan, who was very smart, with quick eyes and hands. Him, he taught the dart. All the methods of spear, saber, and dart that he taught his disciples were skills which differed from those then used in the central region of China. Later, Chou Tung Taught Yueh Fee, the most famous Commanding General of the Sung Dynasty; Chao Kuei taught his own son Pi-Feng, while Yu Chuan taught his son Hwa Lung, who was also instructed by Chou Tung in the method of spear (but no progress was made due to his absent-mindedness). However, on account of the friendship between Chou Tung and Yu Chuan, the former, excepting the method of the spear, also knew how to use the dart. That was the commencement of the Flying Dart.

Ever since the creation of the hidden weapons, the students had multiplied from time to time, due to their skill. During the periods of the Yuan and Ming Dynasties, there were many famous masters of the Flying Dart in each generation. The early Ching Dynasty was a flourishing period. Most of the young men from North China considered the Flying Dart a special skill which everyone had to learn. Even after the popularity of fire arms, the study of the Flying Dart did not decrease. Hence, it is easy to understand that the effectiveness of Flying Dart is not inferior to

fire arms.

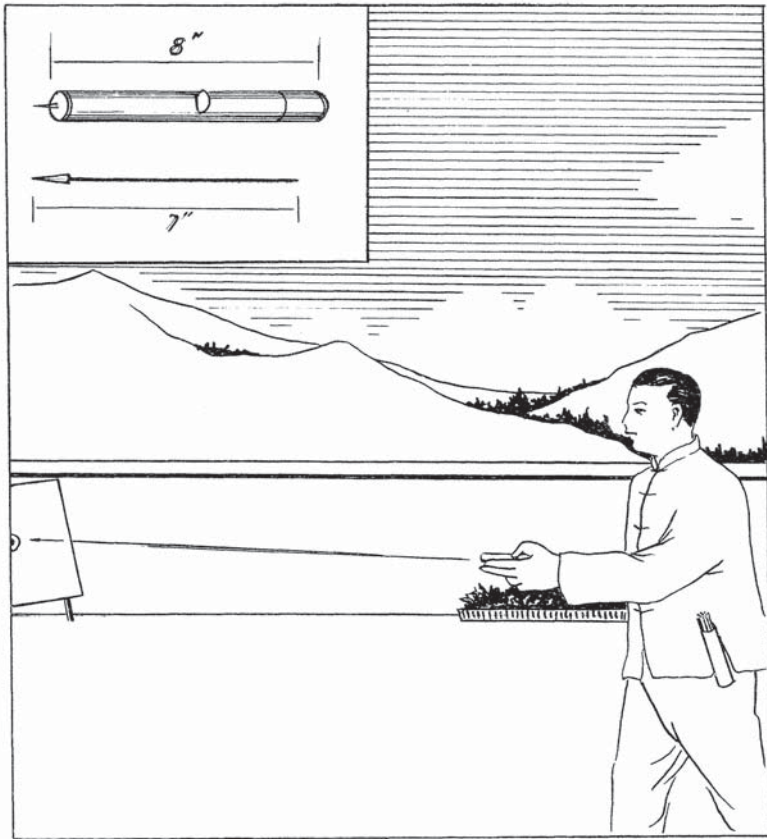
There was a very famous dart master named Tsou Ying Kuan, who came from the place of Ho Shou and who specialized in the "13 hands of Everlasting Chuan (綿拳十三手)." When he went against others, he made some postures with two hands, standing far away, such that his opponents could not approach him. If they did so, they would be stunned several-score feet away and knew nothing about why they had stumbled. It is said that Tsou's *Kung Fu* was taught by a master in Kang Chou. Master Tsou, with his special *Kung Fu*, had wandered everywhere as an itinerant for more than ten years, and no one could defeat him during that period. He was well known with his "Everlasting Chuan (綿拳)." No one knew that he still possessed dartplaying technique.

One year he visited Tung Chou, a famous town about 15 miles to the east of Peking. He stayed in a temple where he posted his name on the gate for challenges. At that time Tung Chou was the most famous name in *Kung Fu*. The famed masters appeared one after another, especially in the techniques of the Flying Dart. They were stimulated to challenge him, but no one could win. Finally, there was a master Kuo Tai, having a yellow beard, with excellent Chinese *Kung Fu*. He was considered as the best in the field of *Kung Fu* in that town. He could successively launch three Flying Darts without any loss within one hundred paces. Viewing all being defeated, Master Kuo thrust himself out to face the challenge of the excellent master, Tsou Ying Kuan. After more than twenty rounds, Kuo could not win either. Then, he launched three Flying Darts to hit the master Tsou. The latter was not hurt at all but, to the contrary, all received three darts. Kuo knew that he was not Tsou's competitor and asked him for forgiveness. Then he knelt down and became a disciple. Tsou smiled and said, "I heard that there was no escort master who dared to speak of the escort code while passing by this place because many famed *Kung Fu* masters stay here. Now, I have met

all of you, and know you are not as special as I imagine." At their request Tsou agreed to demonstrate his skill at Flying Dart in front of the temple. There was an elm tree upon which the flowers looked like coins, they were in full blossom. Tsou ordered Kuo to select three strings of flowers and marked them. He walked one hundred paces away from the tree and launched three Flying Darts in quick succession. All hit on the targets. The method he applied was called "Three simultaneous darts." Tsou asked Kuo, with a smile if he had disgraced the three golden darts. Kuo was ashamed of himself, could not answer, and thanked Tsou. Later, Tsou was invited to be an escort master in an establishment of escort in Peking. Sometime when he passed by Tung Chou, he was invited as the distinguished guest of all the famed masters in the small town. Certainly, the custom of establishing of escorts was broken by him after that.

3

Single Cylindrical Dart Hidden in the Sleeve



1. The Structure of the Single Cylindrical Dart Hidden in the Sleeve.

The cylindrical dart hidden in the sleeve is not launched by hand strength but by elastic tension. It is divided into a single cylinder, three stars, a plum flower design, and seven fierce gods, etc. The single cylinder can only launch one arrow at a time. The tube is made of cast brass or iron. It is 8 inches in length and 0.8 inch in diameter. There is a cover well connected to the top end of the tube. In the center of the cover there is a small hole for the arrow to be filled. About one inch from the top cover, a trigger in butterfly shape is fixed; it is made of steel and used to control the arrow. When the butterfly wing is closed, the arrow in the tube is locked there. When it is open, the arrow is launched immediately. Inside the cylinder is set a steel spring the same length as the cylinder. On top of the spring is connected a round iron plate, which fits the diameter of the cylinder. On the bottom of the spring, a plate bigger than the diameter of the cylinder is connected with a screw. The gap between each coil of the spring is about 0.1 inch so as to maintain good elasticity. The arrow body is made of bamboo without any knots in the length of seven inches and diameter — almost the same as Chinese chopsticks. The arrowhead is made of steel in a triangular shape. In the upper part of the arrow body, a small dent is made in order to install the butterfly trigger for control. Twelve arrows are prepared for a quiver.

2. The Practicing Method of the Single Cylindrical Dart Hidden in the Sleeve.

The cylindrical dart hidden in the sleeve is different from other hidden weapons. To be launched, it does not need the force of the finger and palm. Furthermore, the aiming method also differs from that of the Rope Dart and Flying Dart. Nevertheless,

it is easier to use than the others. Its practice targets are like those of the Flying Dart. To carry it, it is tied with three buckles on the forearm inside the sleeve. The front part of the tube is near the wrist, with the butterfly trigger inward so it can be operated easily by the fingers. To operate draw back the hand in to the sleeve, the index finger and middle finger pointing forward, and the thumb operating the butterfly trigger. The index finger and middle finger, as well as the arrow, together aim at the target.

The practice of seating the arrow is the most important step. At first hold the tube with the right hand and seat the arrow with the left hand; or alternate the hand. However, this method of seating the arrows can be adopted only if there is ample time. In an emergency it is not only inconvenient but gives the enemy a chance to attack you. Therefore, the best way is to practice seating the arrow with one hand only, especially the left hand. By doing so, when you are confronting the enemy, you may fight with your right hand but use your left hand to operate the cylindrical dart in the sleeve for a surprise attack as the situation requires. Good wrist strength is required to seat the arrow with only one hand. In order to easily draw and seat the arrow, the quiver should be hung on the left waist, arrowheads upward. While seating the arrow, press the tube with the arm, then seat the arrow forcefully with the thumb, index finger, and middle finger by grasping the front part of the arrow. This is probably very difficult at the beginning, but after a lot of practice, you will get used to it.

After becoming familiar with seating the arrow using a single hand, the practice of hitting targets may be started in almost the same fashion as with the Flying Dart. With respect to aiming, grasp the outer part of the tube with the ring finger and the small finger, grasping the upper part firmly with the palm. Grasp the inner part of it and control the butterfly trigger with the thumb. Meanwhile, have the middle finger and index finger pointing at

the target. When the trigger is pressed, the arrow must hit the target. Your hand should not shake when pressing the trigger, for a slight mistake will result in a great error in the end. The shooting can be divided into "right shoot," "reverse shoot," "side shoot," etc. Raising the hand to the front and shooting the arrow level is the "front shoot;" reversing the hand or folding the arm backward and shooting the arrow leftward or rightward is the "side shoot."

Because the single cylindrical dart hidden in the sleeve is easy to operate and aim, you may be quite familiar with the application of it after only one year of hard practice. However, to master it requires hard practice and skillful usage.

3. The Origin of the Single Cylindrical Dart Hidden in the Sleeve.

As it is the case with most hidden weapons, which were invented in the Sung Dynasty, the Single Cylindrical Dart Hidden in the Sleeve also dates from that era. There was a Taoist named Sha Hou (霞鶴) who was wandering about when he was young. Virtually every famous spot in China witnessed his traces. Once he went to the 72nd peak of the O-Mei Mountains and forgot to go back his temple in Yu Yang because of the enjoyable experience. He went to seek out strange places. While hungry, he took some fruits to fill his stomach. One day, he came to Pi Pa Peak, where he found a stone room big enough for 5 persons. It was formed naturally. Its rear wall was half open so that a dim light might come in. He thought the cave was a place where one might meditate and strive to attain divinity. In order to inspect the cave, he entered from a gap and found inside another room with a stone bed. On the bed there was a book. He imagined that it was a strange book. He opened it and took a look. The title was " 機輪經 " — Guidelines of Machinery Wheel, written by Chu Go Wu Ho (諸葛武侯) in the Dynasty of Ho Han. It illustrated how to produce firearms, etc. He tried his best to keep the secret

until he went back to Yu Yang. He invented the Single Cylindrical Dart Hidden in the Sleeve and demonstrated it before the public. It has been accepted by people ever since. Later, he drew a picture to illustrate the construction of the Single Cylindrical Dart Hidden in the Sleeve so that its design could be handed on from generation to generation.

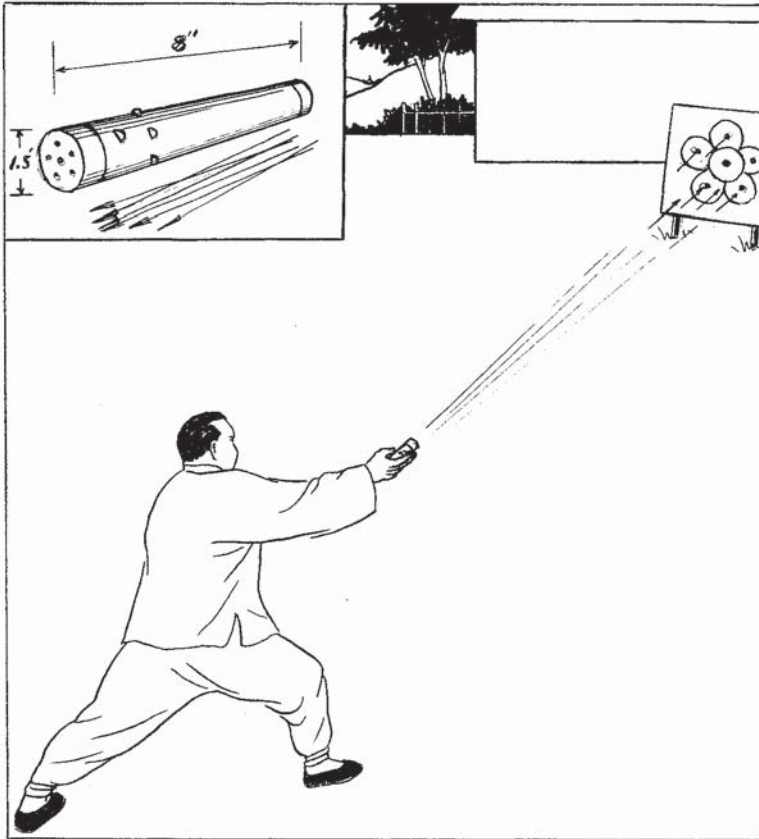
There was a very famous master, Shu Shih Sun (徐石蓀), who specialized in this dart. If he tried a hundred times, there was not a single to miss. Additionally, his speed of launching the arrow was so quick that no one could compare. One day, he was asked by his friend Chu Shih to give a demonstration. Before the target a white cloth was placed on which a red heart about the size of a coin was drawn, the master Shu walked seventy paces away from the target and launched the first arrow, which passed through the red heart and hit the target. Immediately after the first arrow was launched, the other arrow was seated. The second arrow also passed through the red heart and hit the end of the first one. Therefore, the first arrow dropped, and the second one hit the target as had the first one. He launched consecutively nine arrows. All passed through the same hole. Shu said that was the method of "creating a golden snake's tail" (金蛇接尾法). It was a superb showing.

Chu Shih said with smile that he was quite familiar with his skill with the dart, though the "creation of a golden snake's tail" as he demonstrated was supernatural. He still thought he possessed the best firing method. "What was the so called 'Arrows Contronting Method' (對口箭)." he asked. "Was it no better or stranger than the above mentioned method? Why did you show it to the followers? "Master Shu promised and seated an arrow in the tube. After the first arrow was in the air, another arrow was seated. As the first arrow exhausted its flight and fell downward, the second arrow was immediately launched and hit the first one in the air. The clang of both arrows sounded, and the first one

was knocked aside. It fell. When the second one similarly exhausted its flight and fell downward, the third one was launched. Thus, he launched consecutively five arrows, following the same sequence as with the first two arrows. He collected all the arrows in a quiver. Finally, he said with smile that it was his humble démonstration. Later, some young men requested him for their teacher. He said that learning the skill of martial arts had to be tough or it was in vain. He added that practice made perfect.

4

Cylindrical Darts in Plum-flower Design Hidden in the Sleeve



1. The Construction of the Cylindrical Darts in Plum-flower Design.

The major difference between the Single Cylindrical Dart and the Cylindrical Dart in Plum-flower Design is that the latter can consecutively launch six arrows. Therefore, its speed and effect are much quicker and better than that of the former. Its special effect depends on its special construction. The tube of it is much thicker than that of the single cylindrical dart; its diameter is 1.2 to 1.5 inches, and its length is 8 inches. A butterfly wing-type trigger is fixed about a half-inch from the top to control the middle of the six arrows, while the other five butterfly-wing type triggers are fixed around the tube about a half-inch below the first (to control the other five arrows). Inside the large tube there are six small tubes installed in the shape of a plum-flower. Near the top of each small tube is a hole connected with the trigger. It is the most important device to lock the arrow. There is also a spring in each tube, no different from the single cylindrical dart. To sum up, it is a combination of single cylindrical darts installed in the shape of a plum-flower (one in the center and the other five around it). At the top end the six tubes are connected with the main tube by screws, and at the front top of the main tube there are six holes through which to launch and seat the arrows. At the end of the tube, there is an iron ring used to fasten it on the arm with rope. But it is not tied too tightly, so as to allow the tube to be turned while aiming.

2. The Practicing Method of Cylindrical Darts in Plum-flower Design Hidden in the Sleeve.

The Cylindrical Darts in Plum-flower Design can consecutively launch six darts which cover a bigger range and not just one point only. Therefore, it is difficult for the enemy to avoid the shot. It has a powerful effect with which the single cylindrical dart cannot

compare. Due to its great effect, the practice is much more difficult than that of the single cylindrical dart, and the type of target is quite different too. The target is made of a board in three square feet and a half-inch in thickness. Under the board a post two feet high is connected and set in the ground. On the board six circles, diameter of 6 inches each in the shape of plum-flower, are drawn. A red heart, diameter of 1.5 to 2 inches, is placed in each circle.

While practicing, the student stands about seven feet away from the target. First, he should unlock the topmost butterfly wing trigger to aim at the middle circle, then unlock the other five triggers to aim at the other five circles. Having practiced for approximately three months, the student may hit the circle without difficulty; half a year later, he may hit the red heart. Having achieved this goal, he should move the target farther out, and the circles on the board should be reduced until the target the size of a coin can be hit at a distance of one hundred feet. Furthermore, a number of red hearts each the size of a coin, are drawn on the target in no particular pattern and marked with numbers randomly. The student stands about one hundred feet away from the target. An assistant stands by the side of the target and calls out any number as he likes. The student fires the arrow at the red heart called by the assistant. Having achieved this goal, the skill of the student in launching the consecutive darts has become excellent.

The aiming method is by using the middle and index fingers pointing at the target, the same as that of the single cylindrical dart. However, after one dart is launched by the student, he must turn the tube quickly. The operation must be skillful.

3. The Origin of Cylindrical Darts in Plum-flower Design.

The invention of the Cylindrical Darts in Plum-Flower Design Hidden in the Sleeve was several hundred years after the Single

Cylindrical Dart Hidden in the Sleeve. The single cylindrical dart invented by the Taoist Sha Hou was considered one of the best hidden weapons in the field of *Kung Fu* until the period of the Ming Dynasty. In the Ming Dynasty there was a man named Liu Yen (劉縯) who learned various martial arts and *Kung Fu* from a strange master. This master was especially skilled in Three Stones Bow and shooting while riding. Among his contemporaries, none could compare with his skill of shooting the arrow. Besides, he also learned the Single Cylindrical Dart Hidden in the Sleeve, but he found that it was not so convenient due to its single shot capability. Therefore, he made up his mind to invent a new and better one.

After spending more than a year, he finally invented a double-tubed cylindrical dart. In each tube there were two springs so that two arrows were placed in the tube. Based on this theory, three tubes, four tubes, etc. were consequently invented. The six tubes cylindrical darts were called Cylindrical Darts in Plum-flower Design Hidden in the Sleeve (梅花袖箭); seven tubes were called Seven Stars Cylindrical Carts (七星袖箭); and nine tubes called Nine Palaces Cylindrical Darts (九宮袖箭).

After the invention of these various cylindrical darts hidden in the sleeve, the popularity of Liu Yen was widespread throughout the country. The number of students increased, and the Cylindrical Darts in Plum-flower Design Hidden in the Sleeve become more popular. It became one of the martial arts in the field of *Kung Fu*. Most of the *Kung Fu* students all over the country liked to practice it. Among them, Lee Tien Shou (李天壽) of Shan Tung province was the most famous. From that time, he taught the skill to his descendants. Generation after generation, they mastered the skill.

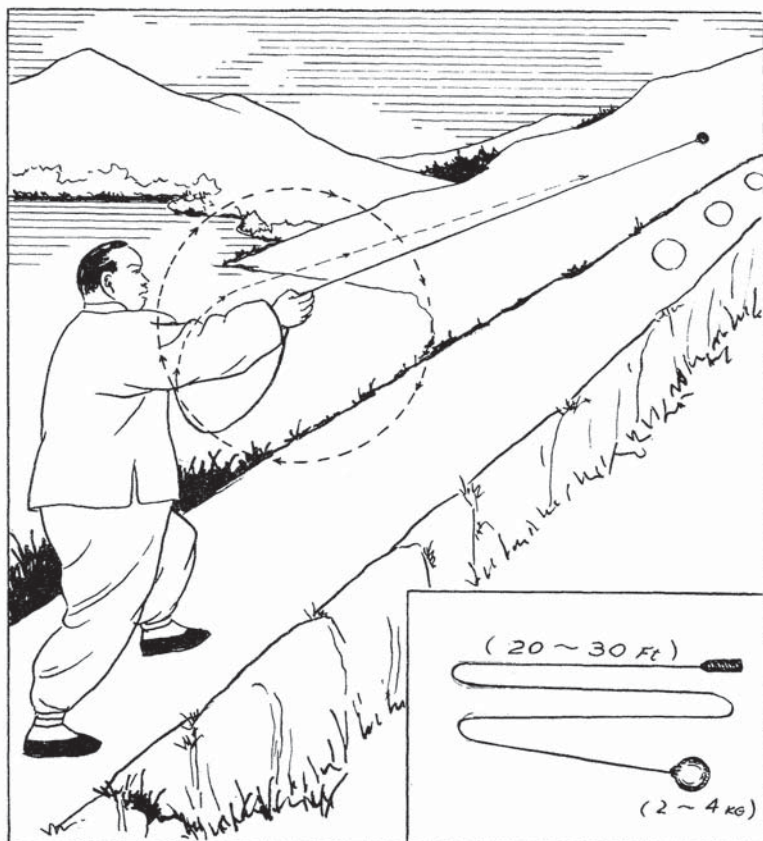
One of his seventh descendants, Lee Pei (李佩), was so skilled that he could hit not only a moving target without even a single miss but even a tiny beehive covered with white powder

marked with numbers. Given this case, it is not difficult to imagine that his eyesight was also as special as was his skill in launching his arrows. But, unfortunately, when he was young, he became a robber chief in a mountain area. Even though he later changed his mind and gave up his robberies, he was looked down upon by the people. Subsequently, he ran an establishment which hired out of bodyguards. Due to his previous notoriety in crime, any cart of treasures he escorted was quite safe. From time to time, even a flag representing his establishment, placed on an escorted cart in his absence, guaranteed its safety.

One day, he promised to escort a great quantity of treasures to Shan Shi. On the way through the mountains, the weather suddenly changed and it rained heavily. The escort group could not move ahead and had to stay in small temple for the night. At midnight, a strange voice came from outside the temple. No sooner had the voice been heard by the bodyguards, a group of robbers surrounded the cart. The robbers were all strong and fierce and imagined that the chief bodyguard, Lee Pei, did not accompany the cart. Actually, Lee Pei followed the cart in hiding. At the key moment, he arrived and shouted, "Who are you, rats? Don't you know Lee Pei from Shan Tung?" Then he fought the group of robbers by announcing whose nose he would hit, then doing just that; whose right ear he would hit, etc. In a very short time all the thieves were seriously injured and had run away. After that, he became much more famous in the profession of bodyguard.

5

Shooting Star Hammer



1. The Construction of the Shooting Star Hammer.

The Shooting Star Hammer is one of the hidden weapons with chains. It is divided into three parts, the hammer body, the soft chains; and the handle. It is similar to the Rope Dart. However, the shapes of the hammer body are quite different one from another, such as the round one, the olive one, the polygon one, etc. All are made according to the student's option. As the shape has nothing to do with *Kung Fu*, no attention is normally paid to it. Besides the above-mentioned shapes, the student can also make his own shapes. The size of the hammer body is about 5 inches in diameter. The weight depends on the power of the user. Usually, it is about four to five pounds. Since there is sharp blade or point on the hammer body, its weight is the most important factor so that it can produce a powerful impact. If the weight is too light, it will be useless as a fighting weapon.

At the end of the hammer body, two holes should be made so as to fit an iron ring. To this the soft chain is tied. Generally, the soft chain is woven by a combination of silk and hair. If the soft chain is combined with deer's tough cord, it will be much stronger. But the linen and cotton rope should not be used as the soft chain. The thickness of the chain should be the same as that of the finger. The length is about 20 feet or longer. The handle is used only for the beginner. It is made of hard bamboo four inches in length. The thickness is such that it may be easily held. If one's *Kung Fu* playing of the Shooting Star Hammer is advanced, the handle on the chain may be removed. It is usually folded in four to be carried on the waist. The hammer and handle are on the right, the end of the chain on the left. In this way its use is more convenient.

2. The Practicing Method of the Shooting Star Hammer.

The use of the Shooting Star Hammer is classified as

“throwing strike” and “thrusting strike.” The so called throwing strike is similar to the Rope-Dart, but it is divided into side-swiping, pressing strike, and a fierce strike. When the hammer is thrown out in all directions to block and strike the side of the enemy’s, it is called side-swiping. When the hammer is thrown downward to strike the top of the enemy’s head, it is called the pressing strike. When the hammer is thrown upward from below to aim at the front of an enemy, it is called a fierce strike. These are the primary practicing methods of the Shooting Star Hammer. In the thrusting strike, it is not necessary to throw the hammer out. Hold the hammer head with one hand and thrust it directly at the enemy. This method is much more difficult than the throwing strike, and it is hard for the enemy to defend himself. The throwing strike uses throwing strength to attack the enemy, while the thrusting strike is completely dependent upon the wrist’s power. When the former method is used, the thrown hammer is often easily dodged by the enemy. However, when the latter method is used, the hammer is thrust out in a surprise move.

The thrusting strike is also classified into three components: to launch, to cast away, and to release. To launch is to thrust out forward, aiming at the front of the enemy; to cast away is to cast the hammer sideward, aiming at the side of the enemy; to release means to thrust the hammer inward or, while retreating, to thrust the hammer backwards in order to block the enemy.

In connection with the training program, a clay wall about 30 feet x 3 feet x 2 feet should be built. On the wall white circles of eight inches’ diameter each should be marked at intervals of two feet. The practitioner should practise the side-swiping first by standing at one end of the wall. Holding the chain with one hand and whip it in a circle over the head. When the hammer is about shoulder level, throw it out sideways, aiming at the nearest target, subsequently at the farther ones.

After this program is completed, the pressing strike should be

practiced. A rectangle about two feet wide and thirty feet long is marked on the ground. Inside it several circles are marked. The student stands at one end facing to the target, holds the chain, and makes a circle over the head. When the hammer goes forward, release it downward, aiming at the nearest target. The practice should be conducted from near to the farthest target.

The last program in the first stage is the fierce strike, the method of which is similar to that of the Rope-Dart. Please refer to that, so that we need not re-state the details here. The clay wall is still used as the target.

When the above-mentioned three methods of throwing strike have been practiced for quite a long time, and the target can be easily hit, success has been achieved. For further improvement, the thrusting strike should be practiced. The clay wall should be used too as the target. The student stands in front of the wall, about ten feet away from it, gradually moving further back until the distance of twenty feet is reached. The throwing method is practiced, first, by holding the hammer head with one hand and the chain terminal with the other. Choose one of the circles on the wall as the target. Lift the hammer to the level of the armpit and concentrate your strength on the right arm, which holds the hammer. Then launch it at the target. The launching method should be practiced until the target can be hit smoothly.

The casting method is almost the same as the launching method. Lift the hammer with the right hand to the level of the left armpit. Concentrate the whole strength on the right arm, then cast it away, aiming at the target which is chosen. This method should also be practiced until there is not a miss in a hundred tries. At last, the releasing method is practised. The student stands by the side of and parallel to the target. He lifts the hammer up with the right hand in front of the shoulder, concentrates his whole strength on the right arm, then releases it inward, aiming at the target which has been chosen.

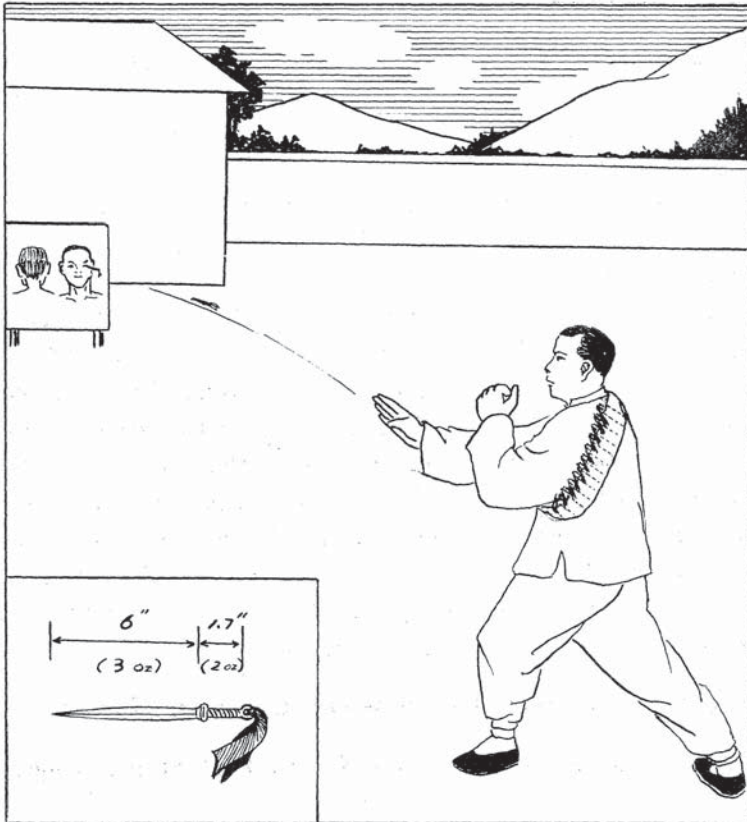
After this practice is conducted successfully, the method of releasing the hammer backward should be practiced. The student stands with his back to the target. The release method for this method is similar to what just mentioned, but the hammer is released backwards. When the student is able to hit the target smoothly from a distance of twenty feet with either of the three methods, the successful application of the Shooting Star Hammer has been achieved.

3. The Origin of the Shooting Star Hammer.

The Shooting Star Hammer actually stemmed from the Chain Hammer with short handle (that is, behind the hammer head there is an iron chain about two feet long and a short handle about seven inches at the end of the chain). This weapon came from the westernmost area of China and was later spread to the central area. In the Tang Dynasty it was improved to the Shooting Star Hammer and was used mostly by the famous generals of the Tang and Sung Dynasties. In the Sung Dynasty the most famous user was Fu Yang Yu (傅映玉), who specialized in the Shooting Star Hammer. On the battlefield his flying hammer won for him many battles. He was also well known by people for his turning back thrusting hammer while riding on horseback. At that time, the Shooting Star Hammer became very popular for quite a period. But because it was too heavy to be carried, and modern hidden weapons were coming out, it was disregarded. At last, it was only found in the street entertainment teams, and it was sometimes demonstrated by the acrobatic masters. Among those, Chen Mong Yeh (陳夢夔) was the most famous.

6

Willow Leaf Flying Dagger



1. The Construction of the Willow Leaf Flying Dagger.

The styles of the Flying Dagger differ from each other. There are single blade daggers, double-edged daggers, and creascent moon-like daggers. Due to the various styles, the throwing methods are different too. The double-edged dagger is commonly referred to as the Willow Leaf Flying Dagger. The name was given on account of its shape like a willow leaf. The dagger is six inches long, and the handle is 1.7 inches. The upper part is small, while the lower part gradually widens, with the blade sharpened of each side. The shape is like a willow leaf. The central line on both sides is the dagger's spine. The blade and its spine are similar to that of the sword. The distance between the edges of both sides is about 0.2 inch. The weight of the dagger body is about three ounces, while the iron handle is four ounces. At the juncture between the dagger body and its handle, there is a round handguard about two ounces by weight. The total weight of a flying dagger is about ten ounces. At the end of the handle, two pieces of silk cloth two inches in length are tied to facilitate balance in flight.

The dagger is forged of high carbon steel. Usually, twelve daggers are in a sheath, and the sheath is best made of shark skin. The sheath is made in two rows. Each row consists of six daggers, the points downward. The handles are outside the sheath in order to be easily taken out. The carrying method of the sheath is different from that of dart quiver. Usually it is carried at an angle on the back between the spine and the left shoulder, if the dagger is used by right hand; vice versa for the left. Actually, the sheath need not be fixed at a certain place. Rather, it should be carried where it is the most convenient for the user.

2. The Practicing Method of the Willow Leaf Flying Dagger.

The Practicing Method of the Willow Leaf Flying Dagger is

completely different from that of dart and more difficult. In throwing the dagger, only one method, "negative hand," is adopted; neither side throwing nor upward thrusting methods are used. As only one throwing method is used, it is quite difficult to hit the various targets. Furthermore, throwing dagger with negative hand only utilizes the throwing power generated by holding the dagger's handle and throwing the dagger forward. When aiming at the target, the student cannot throw by direct line-of-sight. If so, the dagger will hit a few feet below the target. In throwing the dagger or any other objects, an arc (a parabola) is used to compensate for gravity. Therefore, when throwing the dagger, the student must aim at a point a few inches higher than the target. Then, the dagger will strike as desired. Understanding this theory, one is able to practice the Flying Dagger. The target for the Flying Dagger is basically the same as that of the Flying-Dart. The student stands about ten feet away from the target, takes one of the daggers from the sheath, sights the target, and throws toward a place about one inch higher than his mark. If he does not hit the target, the aiming point for the following dagger should be changed. After the twelve daggers have been thrown, an inspection of how many daggers hit on the target should be made, as well as a thorough study of the throwing procedures used.

Practice should be conducted repeatedly, at least two times per day, in the early morning and the evening. Each session should last a considerable period. When the target is hit smoothly at a distance of ten feet, move back a few feet. However, as the distance becomes greater, the dagger must be released at a higher angle. That is, the farther the distance taken, the higher the dagger's head, upon throwing, is lifted in accordance with the apex of the parabola. When a distance of 100 feet is taken, and the target is reduced to a diameter of one inch, and after 100 flying daggers are thrown without a single miss — then the target should be changed.

A wooden board shall be used, upon which are drawn one front head and one back head with a black marking pen. The front head must consist of eyes, nose, mouth, and ears, while on the back head the pulse points at the ears' root are marked with a red pen. The student stands 100 feet away from the target, then throws out the dagger, aiming first at both eyes, then ears, nose, mouth, and pulse points on the front. When the front head has been utilized fully, the back head is used until there is not a single miss in a hundred tries. This means success in using the Flying Dagger has been achieved. Without three years of hard practice, this achievement is rarely gained. In connection with hand changes, distance, etc., all depends on the students growing feel for the weapon. If one's skill is perfect, the exercise of the Flying Dagger may be modified.

3. The Origin of the Willow Leaf Flying Dagger.

It is said that the Flying Dagger came from the ancient times of China, but no one knows. There is no evidence to prove who invented it or the definite time it appeared. Nevertheless, it by no means came from the central part of China, but from the most southern part, where the barbarians had to fight the wild beasts. There, most of the barbarians were quite familiar with the skill of using the Flying Dagger and Flying Spear in order to kill the beasts at 100 paces. In this circumstance, they either could protect their own lives or take the lives of the beasts as their main food.

In the Ching Dynasty, there was a gentleman named Fu Shiang Lin (傅祥麟) from Chiang Shi province who was specialized in both Everlasting Chuan (綿拳) and Flying Dagger. According to his appearance and manner of speaking, he seemed like a learned man, not a *Kung Fu* master. Once, a military man from Ho Pei Province was introduced to him. The military man was a tall and strong man and knew something about Chinese *Kung Fu*. One

day, he saw the master Fu demonstrating his Everlasting Chuan before friends. As Everlasting Chuan combined with Internal Kung, the movements were quite similar to Tai Chi Chuan. The military man looked down upon the Everlasting Chuan as he thought that it was child's play, useless even if one mastered it. The master Fu was a bit angry upon hearing that and said, "If you think that the Everlasting Chuan is not sufficient to confront the enemy, would you like to try it with me?" So a friendly match was held before their friends. The military man forcefully punched directly at the master, who deftly pushed out his hands. The military man quickly flew more than ten feet and could not figure out how. The military man stood up and made a quicker and stronger attack, but the master Fu still moved his hands in different directions, only quicker than before. In this way, it was seen that the military man could neither advance nor retreat. He seemed like a fly caught in the spider's net and couldn't move freely. From then on, the military man was convinced and became a good friend of the master.

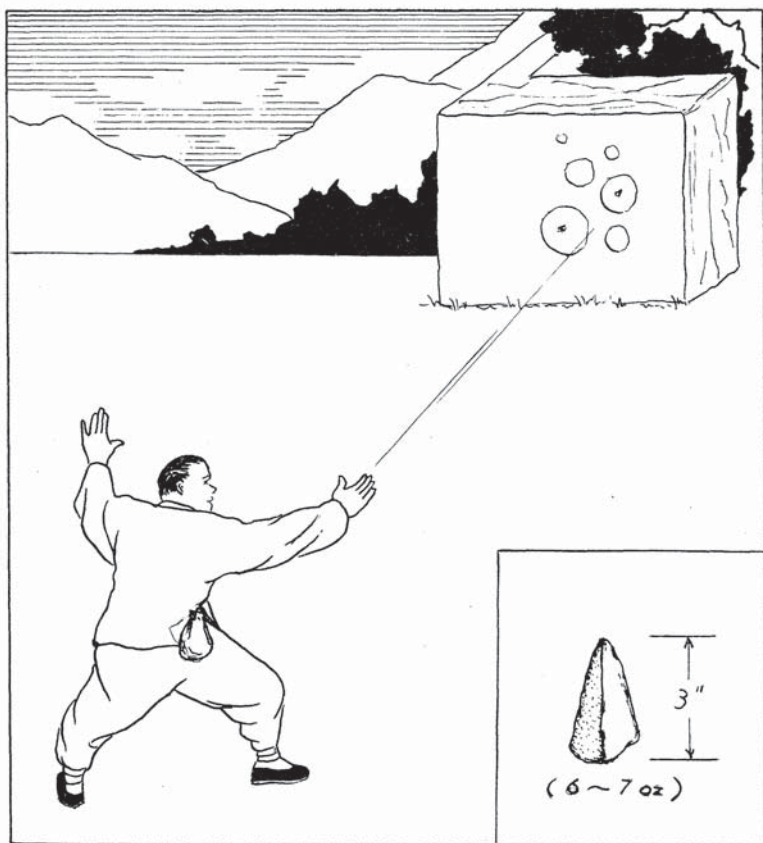
A few years later, the master Fu met his friends again, and they had a dinner party together. For mutual entertainment, they agreed to each demonstrate their best *Kung Fu*, one after another. All were considered very good. The last turn was the master Fu, who ordered the waiter to hang twelve coins, six each on both sides of the hall. He then put a sheath fully filled with daggers on his right shoulder and held a long sword in his right hand. During his flashing of the sword, he called out, "The first coin on the left side." Then, one Flying Dagger flashed in the space of the hall and penetrated the central hole of the coin; this was followed by the second and the third coins, etc. When the sword-play was finished, all the daggers in the sheath were gone. His friends looked at the twelve coins on the sides of the hall. Each one was penetrated by one of the daggers, none was empty. The master Fu finally raised up a cup of liquor and said with smile that it was

a petty skill only, hoping to encourage the others.

In the northern part of China, it was not very difficult to encounter a street entertaining group in which the master sometimes possessed the acrobatic skill of Flying Dagger. The master might order his assistant to lie on a wooden board. The master stood about twenty feet away and threw the daggers at the board. All hit, two daggers near the ears, two on both sides of the neck, two on both sides of the waist, two near the knees, two near the ankles, one on top of the head, and one in the crotch. Each dagger was not more than a quarter of an inch from his assistant. If the master made even a tiny mistake, it would injure his assistant or kill him. The skill of the acrobat had been developed. It was not inferior to that of the master Fu Shiang Lin. However, to reach this level, requires devoting oneself to hard practice for at least more than ten years.

7

Flying Locust Stone



1. What is the Flying Locust Stone?

The Flying Locust Stone is the most convenient and economical of the hidden weapons. You can pick it up everywhere without spending coin or effort. Supplies are inexhaustible, and the stones can be taken as hidden weapons at random. However, if you are looking for hard stones in the mountains or the fields, the chlorothionite is the best, the granite second, and the clay the most inferior. The stone required is better long and thin, but the shape is not limited too much. Even the square, the hexagon, etc. can be used. But, due to their shapes, they look almost like a locust, so the technique is named Flying Locust Stone. The size of the Flying Locust Stone is about three inches in length; the diameter is not limited, but the weight is about seven ounces. When you go out to take a walk, you should pick up this sort of stone for future use. The stones are kept in a bag which is made of leather about one foot long and seven inches wide. The shape is similar to the shoulder bag. The bag may be carried either on the left shoulder or the right as per the user's convenience.

The Flying Locust Stone is used in two different ways: as a hidden weapon, and for "searching out the road." Anyone who intends to jump down from a height in poor visibility must use a stone to see if the ground is safe.

2. The Practicing Method of the Flying Locust Stone.

The practicing method of the Flying Locust Stone is similar to that of the Flying-Dart, but only the throwing and casting methods are adopted. For practice, a clay wall six feet high, two feet wide, and two feet thick should be built, on which several circles of different sizes are marked. The maximum circle is about one foot in diameter, while the minimum is only two inches in diameter. The student at first stands about ten feet from the

target, aiming at the largest circle, then gradually moving to the minimum one. When the practice is perfectly conducted, the student should move two feet back and practices using the same methods until the distance reaches thirty to forty feet and the minimum target is still hit without any miss.

The method of throwing the stone is generally by the negative hand; that is, to hold the stone with right hand, raise the hand, and throw the stone forcefully forward. This is to attack the enemy in front. Aiming at the side target, the student should stand sideways with left shoulder toward the target, hold the stone with right hand, raise the hand, and cast the stone forcefully at the target. When confronting the enemy, all parts of the enemy's head are the most vulnerable points and should be taken as the targets. Additionally, the joints of the wrist and the ankle are also the points which cannot stand the pain when hit. If the wrist is hit, the weapon in the hand will fall; if the ankle is hit, it will be very difficult to walk. Therefore, when the Flying Locust Stone is used as a hidden weapon, the target choice is very important.

3. The Origin of the Flying Locust Stone.

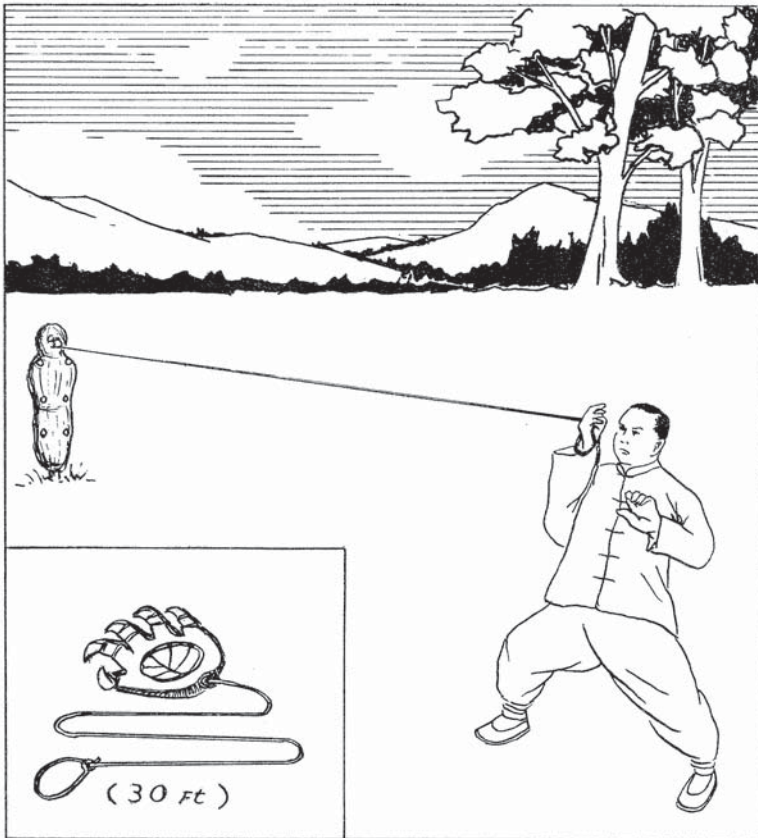
The Flying Locust Stone was not used as a weapon in ancient times until the period of the Tang Dynasty. During this period, when the Turks invaded China, General Chien was ordered to counterattack. General Chien was defeated by the chief of the Turkish troops. As he was escaping, his horse was hit by the chief's arrow, and the General fell down on the field, feigning death. At that desperate moment, his hand suddenly touched a piece of stone. He realized that if he held the stone correctly and struck the chief of the Turks, he could not only save his own life but achieve great distinction. Therefore, he made up his mind, held the stone firmly in his hand, and still pretended death. On approaching him, the chief of the Turks, who had seen him fall

to the ground motionless, thought that the General was dead. While he looked to see if the General was really dead, General Chien suddenly threw the stone at the Turk's head, jumped up, and, using his sword, sliced the neck of the chief. When he went back to his camp with the Turk's head, he had won great distinction using only a piece of stone. After that, his technique of flying stone was spread throughout the military.

Thereafter, the flying stone was taken as one of the important weapons used in the military and proved useful in many battles. In the military a famous user was Chen Shih (陳師), whose skill of the Flying Stone was marvelous. Once, great number of small circles as targets were drawn on a rock wall and numbered at random. Chen stood about 100 paces away from the wall and hit the targets by number with the Flying Locust Stones. All the stones not only hit on the targets but penetrated about an inch into the rock wall. To hit rock with stone and penetrate it was not because the stone was harder than the rock, but because of the internal *Kung* of the person who throws the stones. It is not easy to master the *Kung* as Chen did. If one's *Kung* reaches this high level, his Flying Locust Stone will penetrate into the body of his enemy even though the latter wears protection.

8

Flying Claw



1. The Construction of the Flying Claw.

The Flying Claw is the most fierce some of the hidden weapons. It is able not only to wound the opponent but to catch him. It is composed of a claw and a rope. The claw is made of steel, the shape of it similar to a hand, but the palm of it is shorter than a normal hand. Except for the thumb, the other fingers have three knuckles each, and at each of these points there is a sharpened nail. The knuckles are freely movable due to the installation of socket joints. The palm is hollow, with five holes at which the fingers are connected. A semicircle bearing is installed inside the palm. In the rear part of the palm, there is also a steel ring to connect the bearing as the general control. The active movement is completely controlled by a general control, which is also connected with the bearing, of each knuckle. Behind the ring, a soft chain is connected as with the Rope-Dart. The chain is made of pure silk combined with hair and deer cord. Cotton and linen rope is not used. At the end of the chain, a ring knot is made in order to be worn on the wrist. It is called the "thousand pounds wrist wrapper."

Due to the sharpened nails of the claw and the active knuckles, the Flying Claw grasps the opponent, and the soft chain is used to pull him back. The general control causes the bearing to have the knuckles bent inward so as to pierce the body. In such circumstances there is little chance for the opponent to escape. If the opponent stays motionless he can endure for a while; otherwise, if he makes efforts to escape, he will be more severely injured. Therefore, the claw is considered as the most fiercesome hidden weapon in the field of *Kung Fu*.

2. The Practicing Method of the Flying Claw.

Due to its special construction, the practicing method of the Flying Claw is different from other hidden weapons. Usually, the

hidden weapons with rope or chain, such as Rope-Dart and Shooting Star Hammer, are operated with both hands. That is, if the weapon is thrown with the right hand, the end of the rope or chain is held with the left hand, and vice versa. However, the flying Claw is operated with one hand only. Before launching the claw, the so-called thousand pounds wrist wrapper must be fastened on the wrist of the user. Meantime, the claw is held with the hand of the same arm by grasping the claw's back (that is, the back side of the general control).

To aim at the target, suddenly raise the claw toward the rear, so as to gather the strength of the wrist and to have the claw open completely. Throw the claw at the target and quickly hold the end of the chain. When you pull the chain back, the general control will be operated, which will act on each finger of the claw to grasp the target tightly. Thus, the target, that is to say, the opponent, cannot help but come close to the user!

The practicing target of the Flying Claw is completely different from that of other hidden weapons, too. A wooden man about five to six feet high and two feet wide at the shoulders should be made and fixed on a wooden board so as to stand upright. It is not necessary that the figure be completely like a man; it can be simplified or omit many parts. For the parts to be aimed at with the claw are only the head, both shoulders, the waist, and the legs. The head and the waist are the aiming points which are not often selected except in case of emergency. The parts most frequently selected as the targets are the shoulders and legs.

To practice, the student should first stand about ten feet away from the target. The targets to be utilized should be arranged from tallest to shortest. The launching method for the tallest targets is the same as that previously described; that is, to launch the claw higher than the target so to have it plunge downward to cover the target. When aiming at the lower parts of the target, such as the waist and legs, the claw should be thrown

out from the side. No matter which part is to be taken, if the launcher wishes to take back the Flying Claw, he must pull back the chain as soon as possible after the claw just touches the target. If he hesitates only a moment, the claw will grasp the target and penetrate it deeply.

By practising in this manner for a period, the distance will increase until thirty feet. If, at distances of twenty to thirty feet, the target is hit smoothly, the skill of launching the Flying Claw has been achieved. Before such achievement is gained, hard practice of at least three years will probably have been taken.

The Flying Claw, in addition to be used as hidden weapon, is also used for other purposes. Therefore, most of the itinerants, while travelling day and night, take it in their travelling bag.

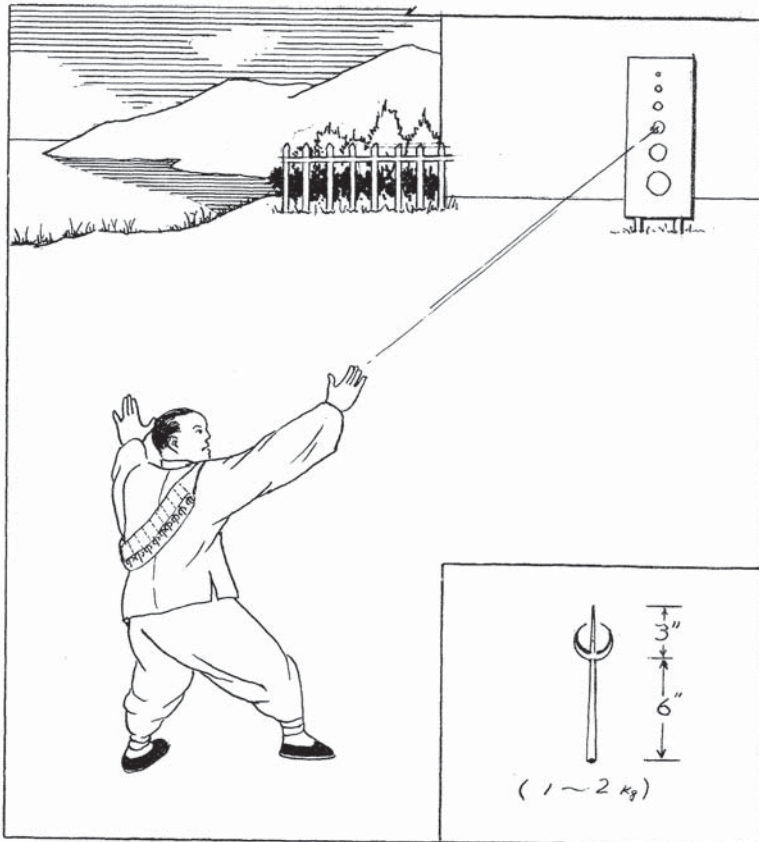
3. The Origin of the Flying Claw.

The Flying Claw, it is said, came from the very ancient time, almost the Sui Dynasty. No evidence exists showing who invented this weapon. During that time it was not often used. Up to the Sung Dynasty there was a man named Lee Chuan (李全) who had specialized in the Spear (in Chinese, called *Li-Hua* spear) and was considered matchless. Whenever Lee went out to fight his enemy, his wife accompanied him, as she was not only good with the spear but also with the Flying Claw. With the two weapons, spear and claw, the couple was never defeated but won every battle. Therefore, there was a saying among the people that during the twenty years of their itinerant life, the couple was beyond compare. Since the time of the Sung Dynasty, the Flying Claw aroused more and more interested and was used by the *Kung Fu* men. Furthermore, those who used the Flying Claw were frequently victorious. The custom passed on to the Ming and Ching Dynasties. During those periods, all the itinerant people gave up their long weapons but took up short weapons, with hidden weapons as auxiliary ones. The night travellers usually

had a "hundred treasure bag" (百寶囊) with them. Within the bag was inevitably found the Flying Claw. The claw used by night travellers was not only a hidden weapon but also the instrument for climbing high walls and houses.

9

Flying Fork



1. The Structure of the Flying Fork.

The fork is generally divided into two kinds, one a common weapon, the other a hidden weapon. The fork as a common weapon is about three feet long and of two parts, the head and the handle. The head is composed of three or five prongs and a movable plate as the base, while the handle is made of hardwood or metal welded onto the head. The Flying Fork is almost the same as the common fork but much smaller, with or without the movable plate, depending on the user's option. It is made entirely of metal about nine inches long, and the head is about one-third of the whole length. The number of prongs is three or five, but usually the three pronged fork is adopted. The central prong is longer than the others and serves as the spearhead; the flanking two prongs are in a semi-circle, with their blades and points bending towards the central one. The three prongs combine together to form a round shape, but the middle one is a bit longer. The handle is about six inches long; the part closest to the fork's head is thin. The weight of the fork is about one to two pounds. Nine forks are a set kept in a leather bag. As with the Flying Dagger bag, it is carried at an angle on the shoulder with the forks' heads upward for easy use.

2. The Practicing Method of the Flying Fork.

The skill involved for each kind of hidden weapon is unique due to the different shapes and movements required. But the method of application for the Flying Fork is truly different from that of other hidden weapons. It is used by holding the slimmest part of the fork handle, close to the fork head, with the tiger mouth toward the rear part of the handle, and the outside of the wrist touching the fork head. The launching method is used to send out the fork by concentrating the strength of the forearm and wrist. At the right moment, just before throwing, suddenly

raise the hand backward over the head and launch it out forward. This is called the "right front launching." If the fork is held with reversed palm upward and tiger mouth backward, the arm outward, by bending the forearm inward; then, it is launched out sideward. This is called side launching. If the fork is held with reversed palm downward, and turn the arm inward, the fork is thrown out to its original direction. This is called casting away. If the fork is held with tiger mouth forward and fork head backward, the hand which holds the fork is moved forward before quickly drawing back to launch the fork backwards over the shoulder or under the armpit. This is called reverse launching. Of these four methods, except the right front launching, which has no comparison, the side launching and casting away are almost similar to that of shooting Star Hammer, while the reverse launching is similar to that of Flying-Dart.

The student stands about ten feet away from the target to firstly practice the right front launching, near to far in distance, the targets big to small, until the smallest target is hit at a distance of 100 feet. After the practice of the right front launching is becomes familiar, the side launching, casting away, and reverse launching should be practiced with reference to the technique of the Flying-Dart and the Shooting Star Hammer. Practicing step by step, after two years of diligent effort, the applicable skill shall be achieved. The central prong should be aimed at the target, while the two flank prongs with sharp heads act as axiliaries. When aiming at the opponent with the central prong, one of the flank prongs can still wound him with its sharp blade. Furthermore, the movable plate can produce sound which may disturb the opponent. Therefore, the Flying Fork is one of the best hidden weapons.

3. The Origin of the Flying Fork.

In the early Ming Dynasty, on the east coast of China, some

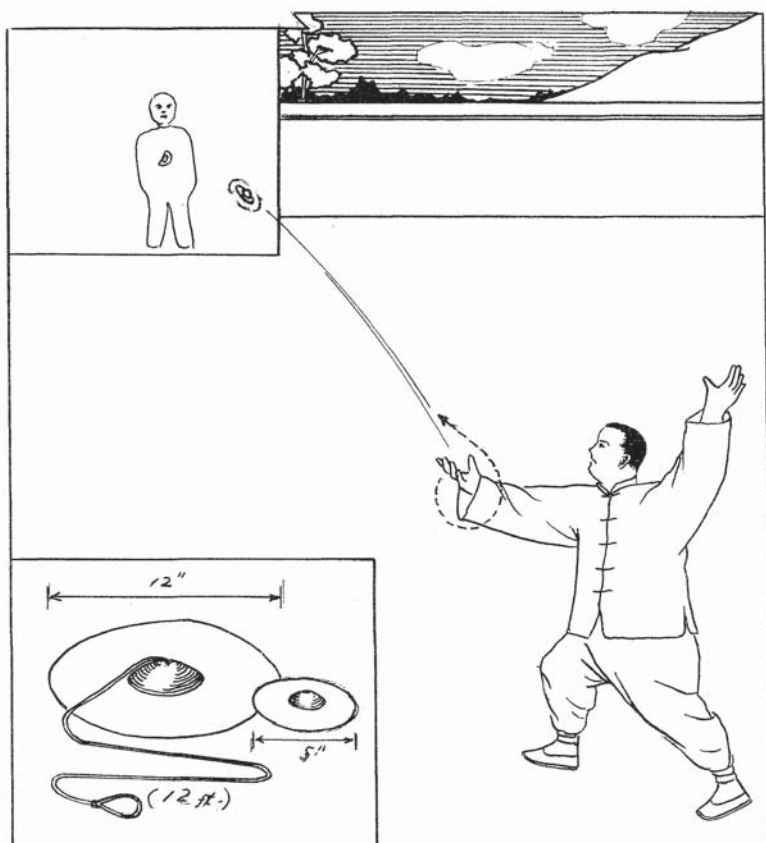
fishing villages were often invaded and robbed by Japanese pirates. Their raids were always a surprise. Therefore, they were very difficult to defend against. When the security forces arrived, the pirates had always escaped already. Near Fu Shan harbor, there was a farmer named Kin who had seven brothers, all husky. They consulted with their neighbors concerning measures of self-defence. Finally, more than ten strong, young men were ready with cloth wrapping their bodies, their faces colored, and high wooden legs tied on their real legs so that they could pretend to be different gods. They had pitchforks and hoes in their hands as weapons. When the pirates landed, the ten made strange noises and attacked them. Upon seeing them, the pirates were astonished and believed them to be gods from heaven. Without any defence, they were severely wounded and ran away.

Several further landings made by the pirates were defeated by the group of strong, young villagers. Next year, however, the pirates discovered the truth and killed all the Kin's brothers and young men. The pirates occupied the fishing villages until the very famous General Chi Chi Kuang (齊繼光) and his troops came to annihilate them. The Fork was derived from the pitchfork used by those young men as weapons. Later *Kung Fu* men improved the fork to the Flying Fork as one of the hidden weapons. Though the Flying Fork was not so popular as the dart and cylindrical dart hidden in the sleeve, still, in the Ching Dynasty there was a famous piate, Chen Hsiung, in the area of Tai Lake. He was very famous at both Flying Fork and swimming. He could not only swim freely in the storm-tossed waters but could dive to the bottom of the lake for a great time without coming up. Whenever he fought with others, the main weapon he normally used were sword; Flying Fork was his axiliary weapon which never had a single miss after a hundred launchings. He was, therefore, called Number One of "Flying Fork." Though Chen Hsiung was a robber in the lake area, he was very pious. Every day he

bowed to the gods for one or two times to request their protection. One night in his dream, a god came to him and advised him, "Being a pirate is temporary and cannot be a life's work. Based on your *Kung Fu* skill, why be a robber to produce the mortal sin for yourself? If you do not improve your behavior as quickly as possible, you will be damned by the gods to die. As you worship the gods, however, I have come to advise you personally. Being good or bad depends on your own choice." Immediately after the words were finished, the god disappeared. Then Chen Hsiung awoke with a start. After that he gave up his robbery business and went to Hu Nan to join the navy. Every time he went to battle, he was ahead of the other soldiers and often gained distinction with his Flying Fork. Whenever the enemy encountered him, they became pale and fled. Meanwhile, they told one another that he was Chen Hsiung the very famous Flying Fork player. During the period that he served in the navy, he taught his *Kung Fu* skills to the younger soldiers. After his retirement, he taught all the skill of the Flying Fork to the young generations of Chens in his native town.

10

Flying Cymbals



1. The Structure of the Flying Cymbals.

The Flying Cymbal is one kind of instrument. A pair is made of brass in different sizes, round in shape with a convex part at the core and a hole in the center for attaching string or rope so that the hand can fastened on. Except for the convex part, which is thicker so as to provide a base for holding, the rest is as thin as a blade. When two cymbals strike each other, a loud ringing sound is made. The smallest cymbal is only several inches in circumference, while the largest is several feet in circumference and is used at concerts.

The size of the Flying Cymbal used as a hidden weapon is either big and small. The big one is more than a foot in circumference. It is usually made of brass; sometimes it is made of steel, depending upon the user's option. In the central hole, a long rope or chain is connected for use as with the Rope-Dart. For the cymbal not only reaches the target, but with the rope attached can be made to return. By making use of this feature, the target is thoroughly cut by the sharpened rim. The small cymbal is about five inches in circumference. Even though it has a convex part, there is no hole at the center point, and the rope is not necessary.

The user holds the rim of the cymbal with one hand and casts it forward, spinning, to attack the distant enemy. The turning motion makes it like a sharp saw. This weapon is not like a dart or arrow for piercing, no like the Flying Dagger for cutting or piercing. It is saws and files based on its turning power. If one has only one Flying Cymbal on hand as his main weapon to fight his enemy, this is not sufficient, even though it is powerful and difficult to defend against. It is considered the strangest of the hidden weapons.

2. The Practicing Method of the Flying Cymbal.

As there are two kinds of Flying Cymbals, one with rope and the other without rope, the practicing methods of both are different. The practice of the Flying Cymbal with rope is easier than that of the Flying Cymbal without rope, and the effectiveness of the former is less. To practice the Flying Cymbal with rope, the student should hold the rope very close to the cymbal and raise it up inside-out, with the thumb touching the hole, the forefinger and middle finger pressing the inside of the convex part. Spin it in order to have it turning constantly on the thumb. When the momentum is exhausted, it will stop turning. Then spin it again as in the first step of practice. When attacking the enemy with the cymbal, all depends on the turning power; therefore, spinning vigorously must be practiced first.

After familiarization, the method of swinging cymbal shall be conducted. As described previously, hold the rope and spin the cymbal to have it turning, then let it fly out until the rope reaches its end. The swing in both directions, the left and the right, should be practiced. While swinging, the cymbal either follows the rope's direction, or spins itself constantly. This practice should be done until all the rope is played out and the cymbal will spin itself without being twisted.

The following method with target should be practiced. A clay wall is built as the target on which only the body of a naked man is drawn. The "lateral and straight hitting method" shall be practiced. The lateral hitting is to cast the cymbal away horizontally to the point at which one aims. The straight hitting is to throw the cymbal out vertically to hit the target. The "slant hitting method" is also adopted. The aiming procedure is as described previously from big to small and from near to far, but the rope is only twelve feet, in length. Therefore, if one aims at his enemy, the distance should not be farther than ten feet or

the effort will be in vain.

With regard to the practice of Flying Cymbal, the practising method is started with the throwing and receiving, throwing the cymbal up to the air, then receiving it when it falls down. However, while throwing the cymbal up, do not throw it directly. The strength must be concentrated on the wrist so as to have the cymbal rotating. If the cymbal cannot rotate itself, the cymbal will lose its effectiveness. When the practice with one cymbal is quite easy, the practice with two, three, four, even eight or nine, pieces of cymbal should be gradually increased. Meanwhile, the practice should be made with both hands. After two years of practice, the strength of wrist will be sufficient so that when the cymbal is thrown out, its rotating power will be excellent. The aiming methods are classified as lateral, staight, and sideways attacks, each requiring one year's practice. Thus, in learning the Flying Cymbal, a total of three years is needed to be successful.

3. The Origin of the Flying Cymbal.

During the period of Nan Chi, the cymbal existed as one of the instruments. At that time, a man named Mu Shih Su was the manufacturer of Chinese instruments. The cymbal was made by him of pure copper, so it was also called copper cymbal. The monks and Taoists used it in religious rites. The one who took it as weapon came from the western border of China; it was secretly taught by the monk. In the Tang Dynasty it was brought to the central part of China by a monk named Mu Li Wa, who was not only a specialist in Flying Cymbal but also familiar with Chinese medical knowledge. Therefore, he was well treated by people and called the great master. As he often showed his technique of Flying Cymbal, a lot of young people were pleased to learn it from him. It spread especially to wondering men-at-arms.

During the period of Tao Kuang of the Ching Dynasty,

transportation by sea from south to north was not so popular. If one went to Peking from the south, he had to switch transportation in Ching Chiang Pu, where he continued his way on land via Shu Chou and Shan Tung province. However, in those places there were many brigand strongholds. To pass by those places with treasure and luggages, one had to hire some bodyguards to escort him. Otherwise, he could not pass safely. It was said that there was a young man who was informed that his father, an official in Peiking, had some troubles for a case and might be seriously punished. The young man was anxious to go to Peking for the purpose of requesting a senior official to give a hand to his father. He then prepared a lot of money and was on his way in a hurry. He was accompanied by an old servant only. On the way, he stayed one day at a country inn. Suddenly, he saw a man with a long beard and shining eyes staying in the opposite room of the same inn. Next day, when the young man set off by a cart, the strange man rode to follow him. In the evening, when the young man stayed in a guest house, the strange man stayed again in the same guest house and still followed him on the following day. The young man could not help but suspect the strange man to be a bad person. The old servant advised his young master secretly that they were in danger, because he thought that the strange man seemed no good.

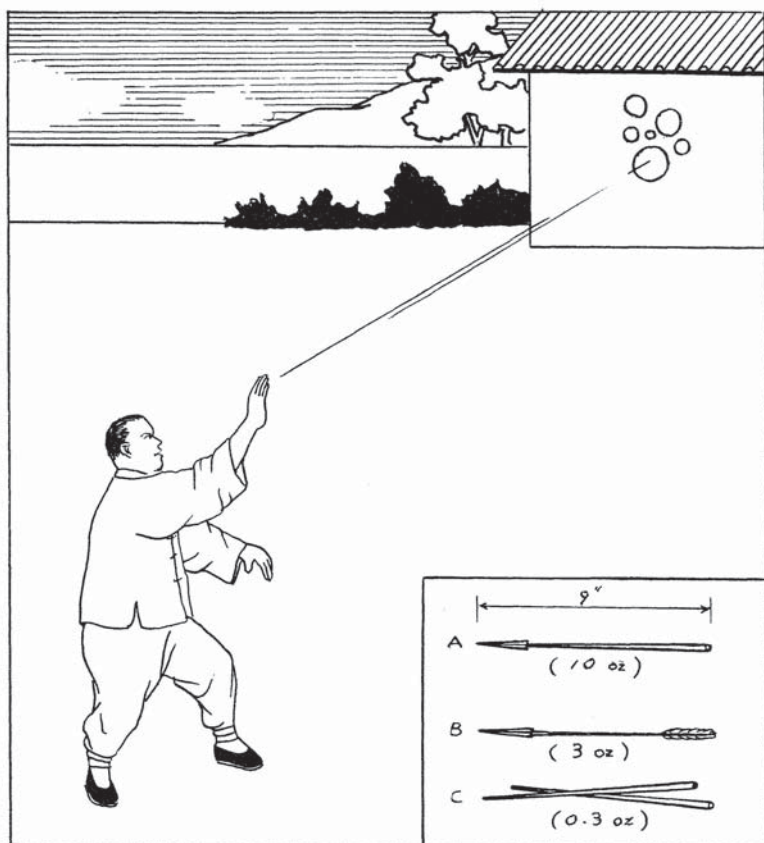
On that same day, when they passed by Han Chia Go, they met a group of robbers. The robbers ordered the old servant get out of the cart and did not kill him, as this was normally not done. They were ready to take the gold and money in the cart, but at that moment, the young master knelt and said that without the money his father could not be rescued. If his father was killed, his life would be meaningless. However, the robbers were not moved by his sad story, and one of the robbers lifted his sabre to kill him. Before his sabre could fall on the neck of the young master, a strange thing flashed from a distance and cut off the arm

of the robber. They paused and looked around. The strange old man, whom the young master suspected, appeared and said that he was sorry for coming a little late. The robbers surrounded him, but he fought them all with his *Kung Fu* skill and his professional Flying Cymbals.

At last, all the robbers had either lost an arm or a leg and ran like defeated dogs. Then the strange old man picked up all the cymbals he had thrown and put them in the bag around his waist. The young master approached him and extended his hearty thanks. The old stranger said, "You are too young to understand the social matters, so you were taking a risk with a lot of money." As he knew that a robbery would be attempted, he had followed him all the way. He told the young master that he was previously favored by his father, so he took the opportunity to help him in return. Later, after the young master freed his father, he learned from his father that the old stranger was the great master in the *Kung Fu* field, especially in the field of the Flying Cymbals!

11

Launching the Arrow



1. The Construction of the Launching Arrow.

The launching Arrow, used by hand, is also called the skill of throwing bamboo chopsticks rather than using a bow. It is still called throwing the arrow among northern people, because the arrow is launched by hand instead of using a bow or cylinder. The method is divided into three steps. Similarly, the arrows are grouped into three categories: Type A arrow is made of steel about nine inches long and half an inch by diameter. The arrowhead is triangular in shape, the same as an arrow launched by bow. The body of the arrow is thinner near the head but evenly constructed so that when the arrow is launched it will fly directly without wavering (due to an absence of feathers). The weight of each arrow is about ten ounces. This type arrow is only used for the practice of beginners. Type B arrow is made of steel and bamboo; the head is steel, while the body is bamboo. The shape is the same as Type A, but "wings" are fixed at the end in order to keep it steady during flight. The kind of arrow is the same as that launched by a bow. It is about eight inches long and two to three ounces by weight. The bamboo used in the body must be durable and straight without any knots. It is still used for practice by beginners in order to advance to the second grade. Type C arrow is completely made of bamboo; neither head nor wing is attached. However, it is cut in a round shape, with the head sharpened, almost as though it was a chopstick.

The practice of launching the arrow is highlighted by its simple and easy usage after successful practice is completed by the student, who may use chopsticks, branches, or the likes to fight his opponent instead of using a real arrow. Because this sort of hidden weapon can be picked up everywhere, almost all *Kung Fu* students wish to master the skill of launching the arrow.

2. The Practicing Method of Launching the Arrow.

The wrist strength must be practiced prior to the practice of launching the arrows, because the successful launching of the arrows rests upon practice with the lightest arrow. A heavy enough weapon such as the shooting star hammer, could easily be used by a Hercules to defeat his enemy. However, if a bamboo chopstick is launched with the expectation that as a flying dart it will penetrate the body of a human being, great wrist strength must be involved.

The first step to develop wrist strength. Thrust the palm forth, using the same method as the secret of hard and soft *kung*. When one has mastered the hard and soft *kung*, he is eligible to practice launching the arrow.

Hold completely the arrow, with tiger mouth toward the arrow's end, and volaris parallel to the direction of the arrow's head. Throw it out, aiming at the target. The launching method is the same as that of the flying fork. The clay wall or sandbags serve as the practicing target, with circles in different diameters drawn thereon. At first the student stands about ten feet from the target, facing forward, selecting the targets from biggest to smallest until the arrowhead penetrates about half an inch into the smallest target. Then move farther away from the target until, from a distance of 100 feet, the target is still successfully hit.

When Type A arrow has been well practiced, Type B arrow is begun. As Type B arrow is only about three ounces in weight, almost seven ounces lighter than Type A, the student may feel it too light to hit the target powerfully as with Type A. Thus, it must be practiced hard for more than one and a half year. It is more difficult to practice than Type A.

After the student is able to penetrate Type B arrow two-third of its length into the target at a distance of ten feet, he may move 100 feet away from the target and continue his practice until he

can successfully hit the target with the same efficiency as he did at the shorter distance. Type C arrow is the lightest, only three grams in weight. Therefore, it is the most difficult to practice. Type C arrow is a bamboo chopstick. As it is very light and has no arrowhead, the student works hard at this for two or more years until he can again deeply penetrate the target. After this level has been achieved, the *Kung Fu* of launching the arrow has been successfully mastered.

3. The Origin of Launching the Arrow.

Launching the arrow came from ancient times, as noted in the *Book of Rites*. It is stated in the book that when a host presented a feast, he, for the entertainment of his guests, might arrange a launching the arrow game. A tea pot with one or two handles was normally the target. A participant stood far away from the target and threw the arrow, aiming at one of the handles held by a waiter. The winner was awarded with wine. Thus, there was the so-called "Shooting through double ears or single ear." At first no one used the shooting arrow as a martial art. But several generations later, such was the case, a result, it was said, of the entertainment of shooting the handles of the tea pot in the game.

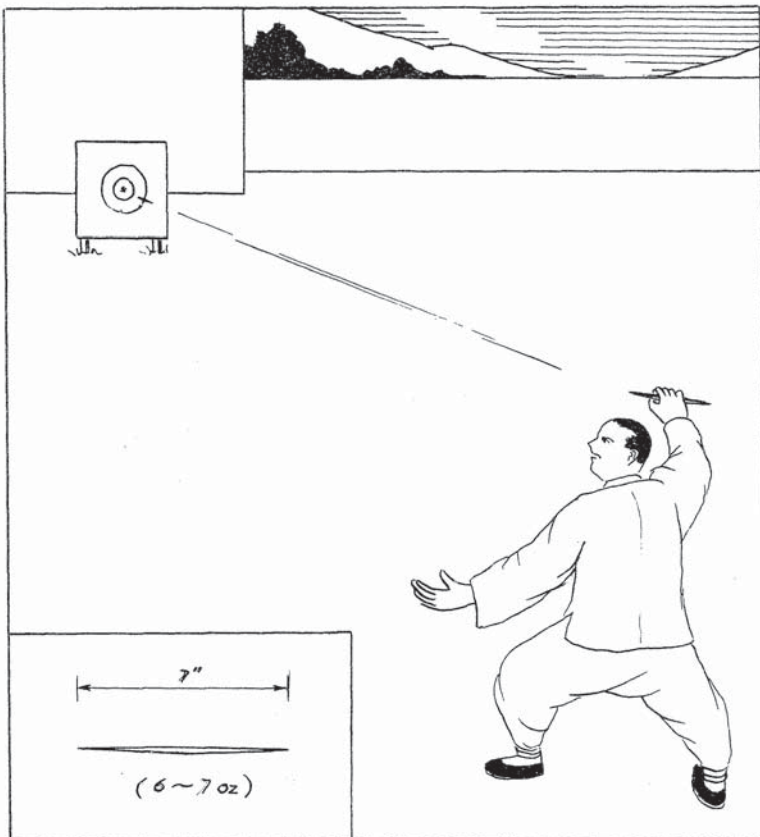
As for using bamboo chopsticks instead of an arrow, this originated from Shaolin. In the Tang Dynasty there was a monk named Tan Tson who created the method as one form of hidden weapon. Up to the Ming Dynasty, the method of shooting a bamboo chopstick instead of the arrow was taught, in general, by the master monk Chao Yuan of Shaolin, and it was generally learned by most *Kung Fu* men. Among them, the most famous was Kan Feng Chich.

One day, Master Kan met a young man in a restaurant in the country and an unpleasant quarrel developed between them due to the priority of serving dishes. Master Kan shouted, "Don't you know who I am?" I am Kan Feng Chich. Immediately

he threw out a cup, aiming at the young man. The young man dodged his attack easily and quickly took a bamboo chopstick from the table and launched it at Master Kan. Kan dodged the shooting chopstick, which stuck six inches deep into the wall. Kan knew that he could not win and escaped. The young man did not give out his name, but it was known from his skill that he was the real disciple of the master monk Chao Yuan.

12

Flying Sticker



1. The Structure of the Flying Sticker.

The Flying Sticker was originated from one of the short weapons and was the most applicable weapon for water combat. There were triangle sticker and O-mei sticker. Their names and shapes were different, but their efficiency was the same. The shape of the triangle sticker is almost the same as a dart, but the middle portion is thicker and the two ends are sharp. Thus, it is shaped like an olive. A two ringed chain is fixed to the middle part for the purpose of being easily held by the fingers. The length of each sticker is fourteen inches. The middle part of the handle is round without a blade. Each piece is about one and half pounds. Usually, the sticker is used as a pair. It is made of steel. As for the O-mei sticker, except that it is round in shape, the other parts are almost the same as those of the triangle sticker. It is rarely taken as a weapon. When using it, put the middle finger into the ring and hold the middle part, using it to stick, pierce, or nail the opponent using its two sharpened ends. It is only used while fighting in water.

The flying sticker is a little different by shape from the above-mentioned sticker. It is only seven inches long and a quarter-inch in diameter. The middle part is thicker for holding, while the two sharpened ends are like arrows. The weight of each sticker is about seven ounces. Usually, twelve flying stickers are kept as a group lined up in a bag like a quiver. This may be hung on the shoulder or around the waist. It is easier to use because there are no rings attached to it. The technique of flying sticker is almost like that of flying fork or launching the arrow.

2. The Practice of Flying Sticker.

The practice is similar to that of flying fork and launching the arrow. However, as it is olive shaped, it must be held with the whole palm at the middle. Where shooting, the strength should be

concentrated on the wrist, but the fingers must quickly open so as to avoid being injured by the blade. This is a very important point for beginners.

The shooting methods are classified as frontal shooting, sideward shooting, reverse shooting, and backward shooting. Hold the sticker, raise it over the head, and throw it out, aiming at the target. This is frontal shooting. To raise it sideward and throw it toward the opposite side of the target is sideward shooting. In reverse shooting, raise the sticker frontward and shoot it up the shoulder or beside the waist, aiming at the target in the back. These three methods are generally adopted when applying all kinds of hidden weapons. Backward shooting is only used by the flying sticker, holding it, raising it over the head, and shooting it out backward at the target without looking.

Either a clay wall or a wooden board can be used as the practice target of flying sticker. This practice of flying sticker should take at least three years, progressing from the nearer distance to the farthest.

3. The Origin of Flying Sticker.

O-mei sticker came from the Sung Dynasty, during the period of Shen Tsung, when there were a great many men-at-arms. Among them there was one named Wei who created the O-mei sticker as a weapon for fighting in water. During the Ching Dynasty there was a monk, Yuan Chaio, in Ching Liang temple of Shenshi Province, who created the flying sticker as a hidden weapon. It was a very strange weapon at that time, so a lot of *Kung Fu* men learned it. Later, as the modern arms appeared in substitution for traditional weapons. The flying sticker disappeared by the later Ching Dynasty.

In connection with the application of flying sticker, there is a good story. A handsome young man who studied hard in Chinese literature and history wished to participate in the examination to

become an official. But after he failed several times, he gave up his dream of becoming an official and started a new career of doing business far from his native town. He came back home to visit his parents and relatives every year's end. In a few years, he made a fortune. One year on his way to visit a customer, he encountered by chance an old lady with her girl in the east part of Hopei Province. The old lady and her daughter were in difficulty and begged him for a little money in order to bury the husband, who had died of disease. She said that they came from Lao Ning Province and had just escaped being killed by the husband's enemy. The young businessman felt sympathy for their misfortune and gave them sufficient money to dispose of the husband's funeral. He also gave them his address in case they needed him to look for him. After the funeral, the old lady sent her daughter to the young businessman as his maid in order to repay his kindness. The young man agreed to allow them to live with him, together.

Three years later, the young businessman tripled his income. At the end of the year, he took the old lady and the girl, together with a lot of money and presents in a horse cart, back to his native town to visit his parents. It was quite a long distance from the north to the central part of China, so the young businessman worried much about robbery. The young girl sitting on the cart told him not to worry about the matter.

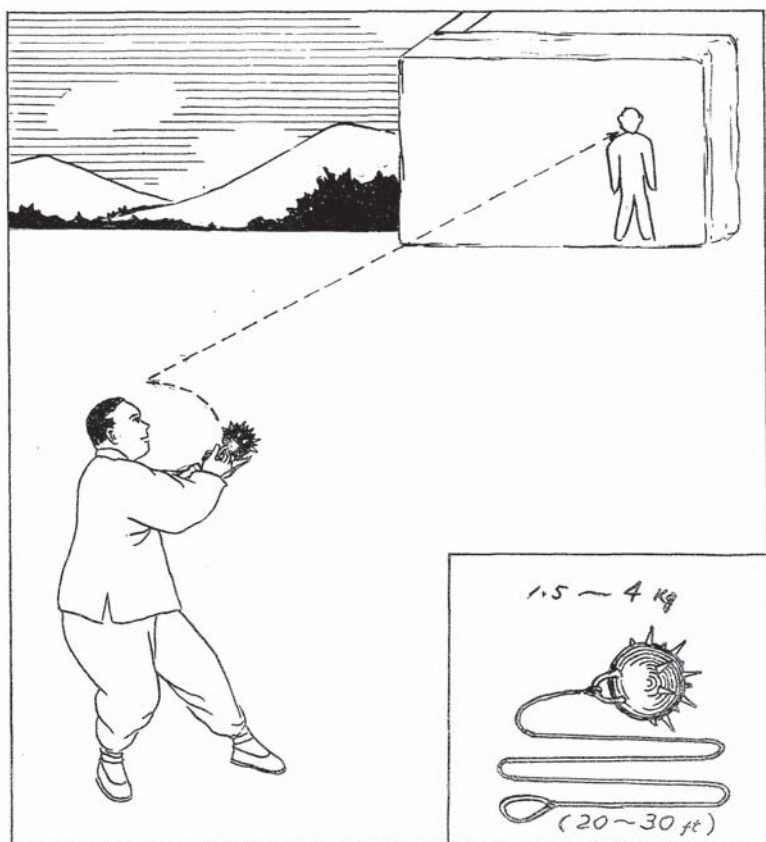
While the cart was passing a bleak valley, a team of robbers on horses surrounded them, and the bandit chieftain shouted to the young businessman to give up all the money and presents or he would be killed. The young girl quickly stood up, taking two quivers from the luggage and putting them on her waist. She shouted to the robbers to go away or be killed. The robbers laughed to her and uttered some curses. The girl grew angry and knew that it was useless to persuade them. Therefore, she took out one flying stick and shot one of them. Subsequently, she

shot a few more robbers with her flying stickers. Finally, the robbers were frightened by her wonderful skill of flying sticker and ran away.

The young businessman thanked the girl very much but was afraid of more robbers coming back again. The girl told him to be calm and said to him that with only one word she could make the robbers flee. Indeed, a great many robbers came back again, and the girl stood up and said, "Don't you know Pei-Yu-Nang of Lao Ning? Are you all blind?" The robbers kept quiet, silent, and doubted what she said. Suddenly the girl took out a flying sticker and pierced the eye of one of the robbers and said, "As you don't know me, I take your one eye out." The words were not finished before one of the robbers had lost an eye. The other robbers were all frightened and shouted that her skill of flying sticker was generated from Pei-Ho-Shao. Recognizing this, the robbers escaped quickly. Later on, the young businessman asked the girl who Pei-Ho-Shao was. The girl said that he was her father, the most famous man-of-arms in the northeast of China.

13

Mace



1. The Structure of the Mace.

In ancient times the mace was one kind of weapon. There were two kinds of mace one with a long handle, the other short. The one with the long handle was used with both hands, while the short one used with only one hand. The shape of it was similar to the maul, but on the maul of the mace are set a great many sharpened sticks. Further, the diameter of the maul is about one foot, with many sticks of one inch arranged at random like a wolf's teeth. The mace with the long handle is three feet, while the short one is two feet. A chain is set at the end of handle.

The mace used as hidden weapon is different from this. The maul of the mace is round. The front part of the maul is set with sharpened sticks, while the rear part is smooth like a ball. At the rear part, there are two rings, one connected to a chain, the other used for holding while launching. The size of the mace depends on the wrist strength of the one who uses it. Usually, it is about three pounds to eight pounds. The soft chain is similar to that of shooting star hammer. As the mace has sharpened sticks, the one who carries it must be very careful. Elsewise, he may be hurt by it. Generally, the mace is carried in a leather bag.

2. The Practice of the Mace.

The practice of the mace is different from that of shooting star hammer. As it has a lot of sharpened sticks, it cannot be held with the full hand. Rather, four fingers hold the rear ring. While launching the mace, the wrist strength is most important. At first, it must be lifted with four fingers to shoulder level in front of your face. Then invert your wrist and put it up over your head, shooting out the mace with your powerful wrist. Hence, wrist strength must be practiced daily until it can handle 50 pounds. At that time you are eligible for learning the throwing of the mace.

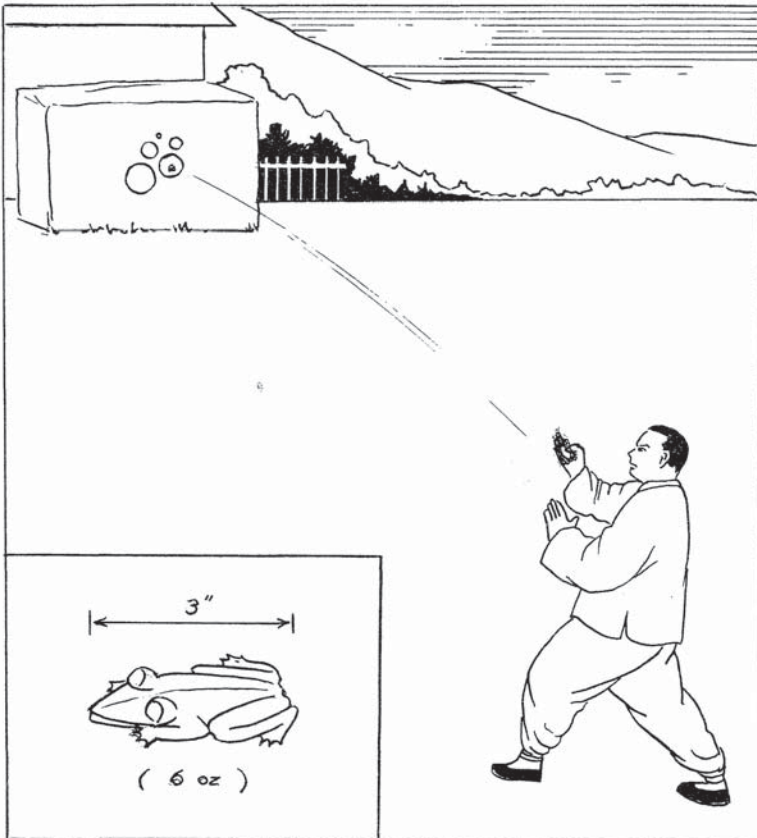
Since the shape of the mace is different from that of the shooting star hammer, the skill of application and its efficiency are different. While practicing, a clay wall on which silhouettes in different sizes are drawn is used as the target. At first, the student stands about ten feet away from the target, gradually moving out to thirty feet. From beginning to strengthen the wrist to the successful hitting of the target takes almost three years.

3. The Origin of the Mace.

The mace with soft chain actually came from the mace with wooden handle. As one of the hidden weapons, it originated from the shooting star hammer. In the Ming Dynasty there was a famous *Kung Fu* man, namely Wang Yang, who was famous for applying all kinds of hidden weapons. The mace with a soft chain was created by him, but it was not generally adopted. In the early Ching Dynasty all kinds of hidden weapons were very popular, but only a few well able to use the mace. In that time there was a man-at-arms, Lan Chee, who was a brave and righteous robber who only robbed the corrupt magistrates and unkind rich. He often helped the poor or those who urgently needed money, giving them the money he robbed. Therefore, he was respected by the people. Nevertheless, as he was a robber, many sought to arrest him for the official trial. However, there were none in the security forces who were able to do so. One day, a strong young man from northeast China came to the government to present himself as a volunteer policeman. He knew something about *Kung Fu* and was assigned to arrest Lan Chee. They met in the country. Lan Chee launched a continuous stream of arrows. No sooner had the young man blocked the arrows, than he was attacked by Lan with mace on the other side. He was badly injured and later died from the heavy attack. Finally, Lan Chee surrendered himself to the government. He was admired and appreciated by people.

14

Steel Toad



1. The Structure of the Steel Toad.

Steel Toad as one of hidden weapons is very interesting. If people put it on a desk, it may be mistaken for paperweight, and no one guesses that it is a hidden weapon. Its shape is similar to that of the frog. The head is triangular, while the body is full. The mouth is sharp, the two front legs closely touch its chin, and the feet are sharpened, parallel to its head. The rear part is wide, and the rear legs touch its hips. Its belly is flat and smooth. When it is put on the desk, it looks like a frog resting. It also has eyes, mouth, and some spots on its back. Its length is about three inches; the front part is about half an inch; and rear part is an inch wide. The interval between the two front paws is about two inches. Its weight is about six ounces. This is the commonly used steel toad. Additionally, there were, in ancient times, poisoned steel toads which are not introduced here as they violate human rights. The steel toad is carried in a leather bag. Usually, the user carries twelve to sixteen pieces of steel toad in the bag. It is used to attack distant targets since it is a jumping animal. Also, it is very interesting to use it as a hidden weapon.

2. The Practice of the Steel Toad.

The practice of the steel toad is similar to that of flying-dart. The only difference is in their holding methods. The holding method of the steel toad is to put it flat in the right palm, head close to the middle finger, its two front paws attached to the index finger and ring finger, respectively, the thumb pressed on its back. Steel toad throwing is divided into positive and negative hand; it all depends on the throwing power.

Holding the steel toad, palm upward, raise it from below, then throw it out forward at the target. This is the positive hand throwing. The positive hand throwing is used to hit the target horizontally or above. Next, the toad on the hand, palm

downward. Press the hand downward from above, throwing the toad at the target. This is called negative hand throwing. Negative hand throwing is used to hit the target about level with the hand or below that level. The upward attacking and flat attacking belong to positive hand, while side blow and reverse blow pertains to negative hand. The clay wall is used as the practicing target, and the method is similar to that of flying-dart. The practice begins with the flat and upward attacking to the side, as well as reverse blows. The distance progresses from ten feet to a hundred feet, the target from big to small (about one foot in diameter to two inches in diameter). The practice of these steps will take about three years. Then you will succeed. The steel toad is the easiest to use, and its efficiency is greater than that of the flying-dart.

3. The Origin of the Steel Toad.

To investigate the creation of the steel toad, we must relate an interesting story. It was a mere coincidence that the steel toad as a hidden weapon was not created on purpose. Indeed, it was not created by a *Kung Fu* man but a self-taught student. A poor student, Hu Chung Jen, failed the examination to become an official and was too far away to go back home. Therefore, he stayed in a temple with the permission of the abbot and studied for the next examination. He supported himself by teaching two primary school students of a rich family introduced to him by the monk who helped him out of kindness.

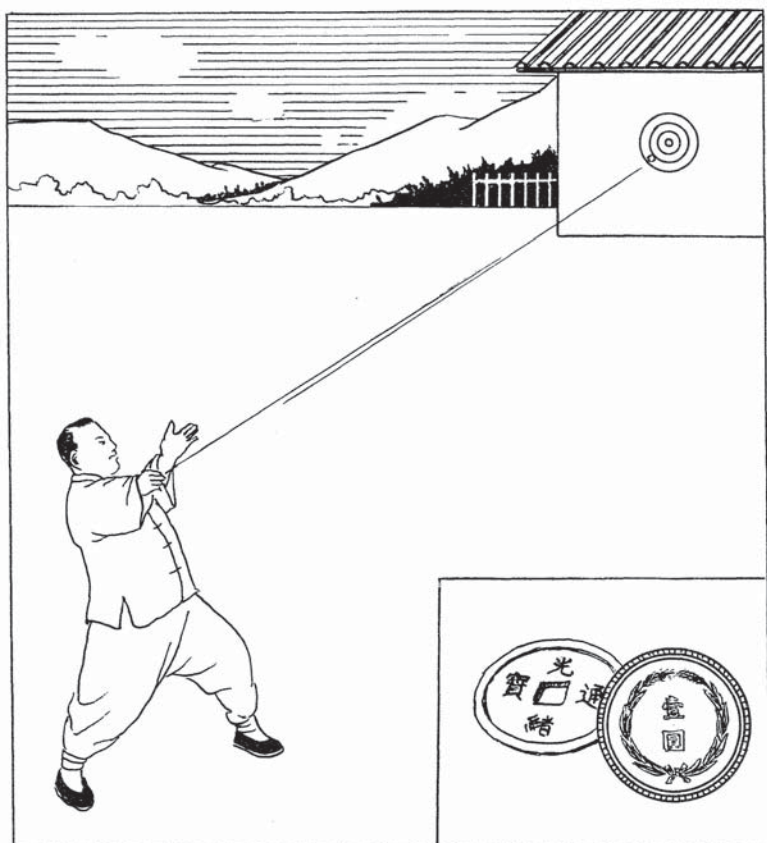
One midnight, while he was reading, he heard brisk steps outside. No sooner had he presumed that the sound might come from a robber, than a strong, rough man was in his presence. He was astonished at his presence and had no way to resist him or to call out loudly in order to avoid being killed. Suddenly, he found by chance a paperweight on the desk and took it in his hand without being noticed by the robber. The paper weight was made of bronze in the shape of toad with three legs. He threw it out

quickly, aiming at the robber's right eye. He did not imagine that he could successfully hit the spot.

The robber, however, was badly injured and presumed that he had met a better *Kung Fu* man than himself, a man who knew how to use hidden weapons. He had no time to think but instead escaped, because he was afraid of being chased by the student. After running several miles, he stopped and took the hidden weapon from his eye. He became blind in the eye. However, he had discovered that the bronze toad was a destructive hidden weapon. He copied it with steel and made a few improvements as those we have mentioned earlier. He then practiced it until he became a very famous master of using the flying steel toad.

15

Golden Coin Dart



1. The Construction of the Golden Coin Dart.

The golden coin dart is the most easily used weapon among all the hidden weapons; that is, a coin is used as a weapon to hit the opponent. There are two kinds of coin, one sharpened along its edge, the other are actual coin. The former might hurt the opponent with its sharp edge, but the efficiency of the latter depends only on the forceful arm of the user to convert the coin to a dart. If one has not had considerable *Kung Fu*, the effect of throwing the coin may be negligible. If this kind of *Kung Fu* is successfully possessed, it is quite easy to pick up the weapon when encountering the enemy, because people usually put some coins in their pockets.

2. The Practice of the Golden Coin Dart.

There is only positive hand to throw the coin, and the strength is concentrated in the wrist. The flat and oblique releases are as with the flying cymbals. Though the effort is focused on the wrist, the turning force is also very important. All the methods are quite similar to those used with flying cymbals. However, the flying cymbal has a handle, while the coin is put flat in the front part of hand between the knuckles and pressed by the thumb. When throwing the coin out, concentrate the force on the wrist, press the thumb on the coin and have the coin fly out flat beside the little finger. The coin must be revolving vigorously. If the coin isn't turning, its effect will decrease.

In order to use the golden coin dart effectively, the student must practice his wrist strength before commencing the throwing methods. The clay wall is again used as the practice target. However, the end result is not only to hit the target, but to penetrate the target deeply. As it is quite easy to utilize the coin as a hidden dart has been learned by most of the *Kung Fu* men travelling about. Even nowadays, as use of hidden weapons is

declining, there are still people who study the skill of flying coin to hit their opponents.

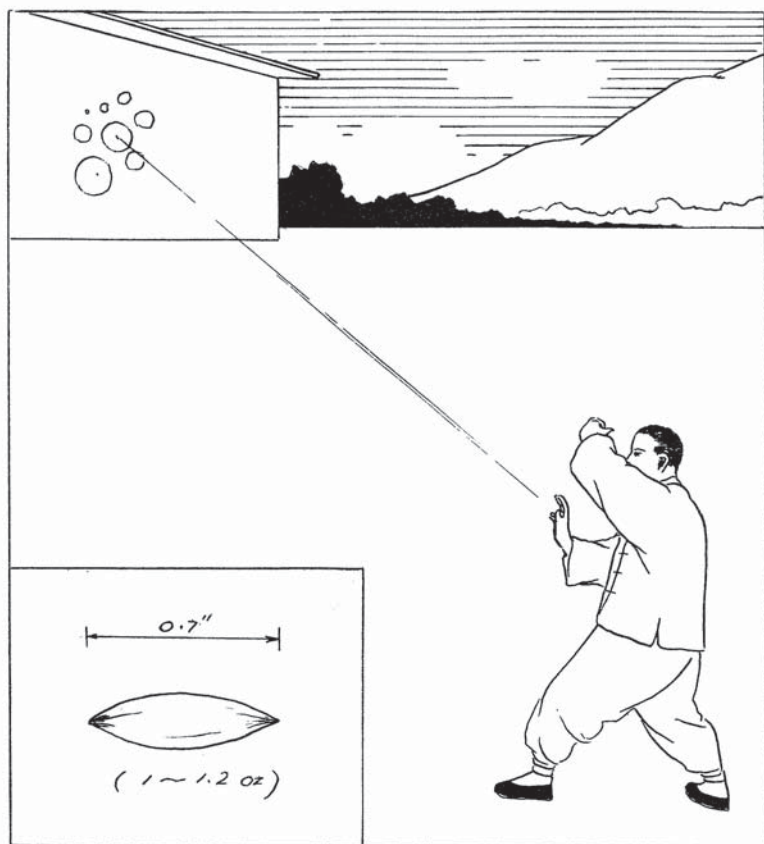
3. The Origin of the Golden Coin Dart.

The golden coin dart was created by chance, like the steel toad. In Shanshi Province there was an old master, Ching Ching Yun, who was specialized in boxing and pugilism, as well as in internal and external *kung*. His disciples numbered more than a thousand. Master Ching was fond of fishing along the river. One day, when he was taking a rest under the shadow of a willow along a river, he saw several boys competing by throwing fragments of tile on the surface of the water to see who was able to make more skips. If a boy did not have a powerful wrist, the fragment of tile would sink as soon as it struck the surface of the water. In contrast, a boy with a powerful wrist could make the fragment touch the surface of water many times.

After he watched the boys playing, Master Ching thought it was very interesting. The thinner the fragment, it seemed, the further it would travel. Then, he tried the same game with coins. After several practices he was successful. Finally, he created the golden coin dart as a hidden weapon. He taught thousands of students. During the periods of Chien Lung and Chia Ching of the Ching Dynasty, there were many *Kung Fu* men who used the coin as their hidden weapon. Needless to say, they were disciples of Master Ching. Certainly, there were also a few famous ones who created great events by using the coin as their hidden weapon.

16

Steel Olive



1. The Structure of the Steel Olive.

Steel Olive is also called "nail-nut" in the itinerant world; or, sometimes, on account of its shape, it is called "date nut arrow." The shapes of the olive and the date nut are almost alike, so the northern people call it "nut." This kind of hidden weapon is similar to the olive in its shape, but both ends are sharper than those of an actual olive. The length is about two and one-half inches. The diameter of the thickest (middle) part is almost one inch. The sharpened two ends are like dart heads and are used to hit the opponent. The weight of each piece is one and a half ounces. Each is made of pure steel. The steel olive is carried in a leather bag like a shoulder bag, but a belt is attached to each side for fastening the bag to the waist. Usually, 16 or 32 olives are put in the bag for the occasional usage.

2. The Practice of the Steel Olive.

Steel Olive may be launched out either by hand or by mouth. The common Kung Fu men travelling at night usually launched the steel olive by hand, while only those Kung Fu men who had good internal *kung* could launch it by mouth. Steel olive launched by hand can be divided into four techniques: throwing away, casting sideways, casting off, and throwing forward. The method of throwing away is like that of flying sticker, and the middle part of the steel olive is held with the thumb, index finger, and middle finger. It is raised a little bit backwards and thrown in a curve at a target in front. The method of casting sideways is to clip the olive with the three fingers while pressing it with the thumb, then throwing it sideways (the opposite direction) at the side target. Casting off is almost similar to casting sideways, but the arm is bent inside, then used to cast off outside. Throwing forward is the same as throwing away but without the curve. These ways are something like those of shooting star hammer and flying-dart.

If you review all the practice methods, you will easily understand them. The practice steps and target are also similar to those of the previously mentioned methods. The one who practises it may succeed within two years if practicing hard. However, regarding the mouth launching method, this depends entirely on internal *kung*, which not only requires much more time to develop but is not easy to master. To develop internal *kung*, you must start with the practice of *Chi* (air). The one who has better internal *kung* is able to attack the opponent with his *Chi* alone, but one not so fortunate must send his *Chi* into an object, such as the steel olive launched by mouth, to attack the enemy. Obviously, it is easy to select directions when launching the olive.

3. The Origin of the Steel Olive.

Steel Olive probably came from the Wu Tang School, because the martial arts of Wu Tang emphasized internal *kung*. Tai Chi Chuan and Tai Chi sword came from Wu Tang, and all were in conformity with the law of heaven to have *Chi* and blood travelling by a specific track and speed. However, the advanced internal *kung* saw the combination of *Ching* (energy), *Chi* (strength), and *Shien* (spirit) to become a powerful force. The successful one could transfer the power to his sword. The steel olive used by mouth was generated by the disciples of Wu Tang. The later generations used the steel olive by hand as a hidden weapon. Since then, however, no steel olive used by mouth has been found, because no one has such great internal *kung*.

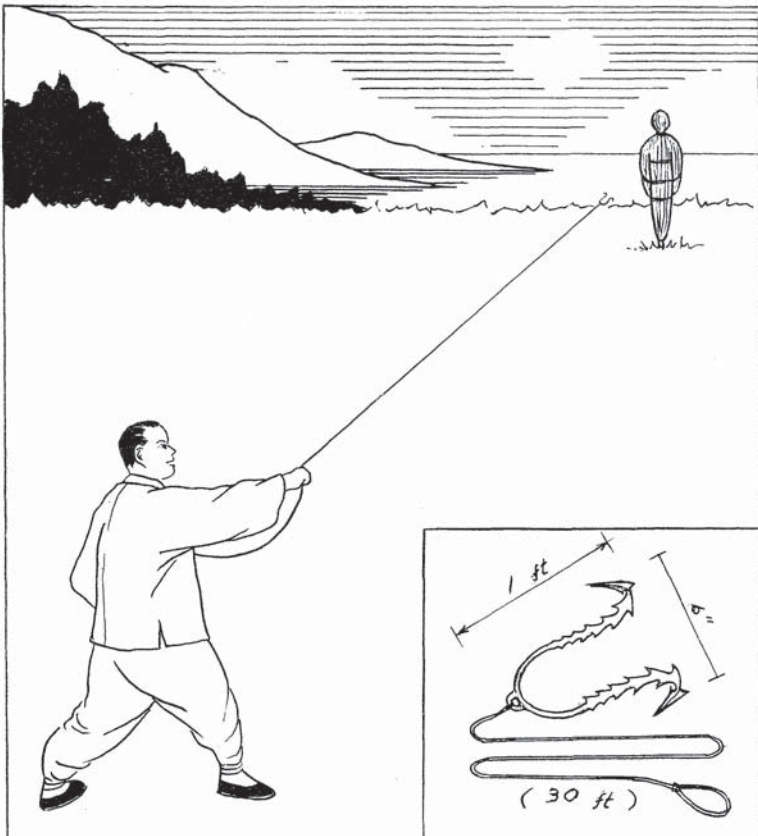
Steel Olive used by hand was very popular in the world of Kung Fu men in the dynasties of Ming and Ching. Among them, the most famous was Yuan Hai, a monk who was a skinny and aged man. From his appearance, he looked ill. Actually, he was a skillful Kung Fu man. Yuan Hai was a strange monk. He did not abstain from meat and liquor, as all Buddhist monks do. Yuan Hai stayed in a temple of the Hsiao Lin sect in Shan Shi Province.

He sometimes went out and has a delicious meal in a restaurant, eating what he liked and disregarding the restrictions of Buddhism.

One day, a good friend of his came from the south to visit. He treated his friend with the best liquor he had. His friend said sadly that the liquor was good, but that it was without delicious dishes to stimulate interest. So his friend persuaded him to shoot some sparrows to be cooked as dishes. Yuan Hai promised and went to the backyard of the temple with a leather bag full of steel olives. His friend followed him to see how he shot the birds. As there were often a great many sparrows in a big tree in the back yard, Yuan Hai took out his steel olives from the bag and threw them one after another at the sparrows. After each throwing, his friend saw a sparrow fall. In only a few minutes, more than thirty sparrows were down. But the strangest thing was that all died of cuts to the throat. This indicated that Yuan Hai's skill of throwing the steel olive was mature. Needless to say, they had a wonderful meeting, and the story of Yuan Hai was told from generation to generation.

17

Dragon's Beard Hook



1. The Structure of the Dragon's Beard Hook.

The dragon's beard hook is one of the hidden weapons used for arresting people. It comes from the long handle hook and the short handle hook but is improved with blade teeth on both sides of the hook like a dragon's beard. The hook is made of steel about one foot long; the end is a semi-circle. At the middle of the semi-circle is a ring connected to a soft chain. The front part is divided into two spears bent sideward in the hook shape. The interval between the two spears is about six inches. Sharp teeth line the outside edges of the two spears. Each hook has sharp point about two inches in length. The distance between the hook point and the spear is about two inches. The soft chain is made of silk or fabric and is about thirty inches long. The carrying method is almost similar to that of the mace.

2. The Practice of the Dragon's Beard Hook.

The main component of the dragon's beard hook for capturing an object rests in its hook heads, with the side blade teeth as auxiliaries. When the hook heads do not hit the target, the auxiliary teeth are enough to injure the opponent. The dragon's beard hook is among the hidden weapons for capturing people and is not inferior to the flying paw due to its blade teeth. Whereas, when launching and taking back the hook, special care must be taken — otherwise, it is easy to hurt the user — there are only two elements involved in launching the dragon's beard hook: one is to impede, and the other to draw. Due to its special structure and soft chain, it is quite different to apply than the other weapons.

The cutting method is divided in three ways, which are frontal striking, turning-back striking, and oblique striking. Frontal striking is to hold the middle part of the chain with the right hand, then to swing the hook from right to left in order to strike the target. The turning-back striking is used when the target is not hit

by frontal striking but it is still in place. The hook is drawn back, strike the target again from left to right. Oblique striking is to swing the hook with full strength, slashing downward from upper right or left in order to hit the shoulders of the opponent.

The drawing method is another way to hit the target. The user must draw the hook back in order to have the opponent suffer without paying attention to breaking the soft chain. Any hesitation in drawing the hook back will cause the chain to be cut by the opponent.

To practice dragon's beard hook, a wooden man is best used as the target. At first, the frontal striking is practiced at a distance of ten feet. When this is successfully done, the distance is gradually increased until the target can be hit at thirty feet. Then, the turning back and oblique strikings should be practiced in the same way. However, throwing the hook is different from the flying paw; because, before launching the hook, the user must swing hook in a circle, then throw it over the target. It should not be launched directly at the target. When the hook touches the target, full strength should be used to draw it back with both hands. Practice should be carried out for at least three years so that it may be successfully mastered.

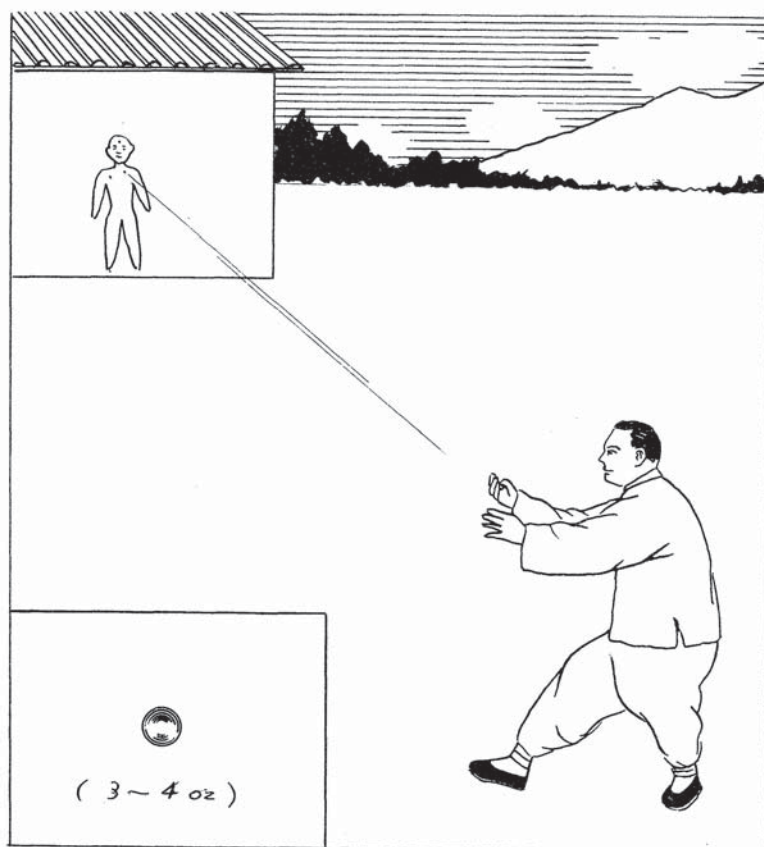
3. The Origin of the Dragon's Beard Hook.

The dragon's beard hook came from the Sung Dynasty. During the period of Jean Tsang, the northern people, the Liao, started an uprising in Tan Chou. There was a general, Chen, riding on a horse to attack the rebel camp by himself. He killed several hundred soldiers of the Liao, and all the others retreated. The Liao head escaped from the field, and General Chen chased him with full effort. When he closed with him, he launched his dragon's beard hook and hit his prey's shoulder. General Chen drew the hook back quickly and captured him alive. From then on, a lot of military men learned this weapon in order to take the

enemy by surprise. In recent generations, except for those Kung Fu men in the western part of China who knew how to use the dragon's beard hook, no one learned it in other places.

18

Wishful Steel Ball



1. The Structure of the Wishful Steel Ball.

The wishful steel ball is the smallest of the hidden weapons used by the fingers to hit the most vulnerable parts of the opponent. Its effect is similar to that of purple golden sand. It is called small ball made of steel. Each one is about 0.4 ounce in weight, the same as the shot used in a hunting gun.

The wishful steel ball is used with two fingers. It is shot out by a forceful finger nail to hit the most vulnerable parts of the opponent, such as the eyes, the ears, and the temples. Although the wishful steel ball is not so forceful as other weapons, it is sufficient to wound the opponent at the just — mentioned points. Additionally, any part of the head is also a preferred target. The wishful steel ball is easily carried in large quantities in the pocket.

2. The Practice of the Wishful Steel Ball.

It is very difficult to practice the wishful steel ball due to its size, as small as a soya bean. It is most difficult to shoot it out by a finger and have it deeply penetrate a small target. Nevertheless, there is a saying that where there is a will, there is way. Even an iron bar can be milled to a needle provided that great effort is made. The first step is to practice the finger strength, using the middle finger to press the middle knuckle of the thumb. Then snap the finger out at full strength. Practice should be several times per day for half a year; the finger's strength should be much increased. From then on, a sand bag of about five pounds is hung on a route you often pass so that you can strike it with the finger at least 300 times in the morning and in the evening, in addition to practices every time you pass by it. After hard practice for half a year, you should be able to deal easily with the sand bag. Then, add weight to the sand bag until it reaches thirty pounds. If you are still able to deal with the bag, you are qualified to practice the wishful steel ball for aiming at the target.

The ball is put outside the finger nail of the middle finger while it presses the middle finger. Aim at the target, shoot out the ball with the full strength of the middle finger. This is the only way to shoot out the wishful steel ball, but both hands may be used in any direction according to the user's preference.

A portrait is drawn on a clay wall to serve as the practice target. The key points are marked in order to be easily selected while practicing. The distance is from ten to fifty feet, and the target may be reduced in size from time to time. The practice should be done diligently until you are able to hit the target at every shot. As the wishful steel ball is too small to be found and easy to carry, it is the most perfect hidden weapon used by the Kung Fu man in the last few generations.

3. The Origin of the Wishful Steel Ball.

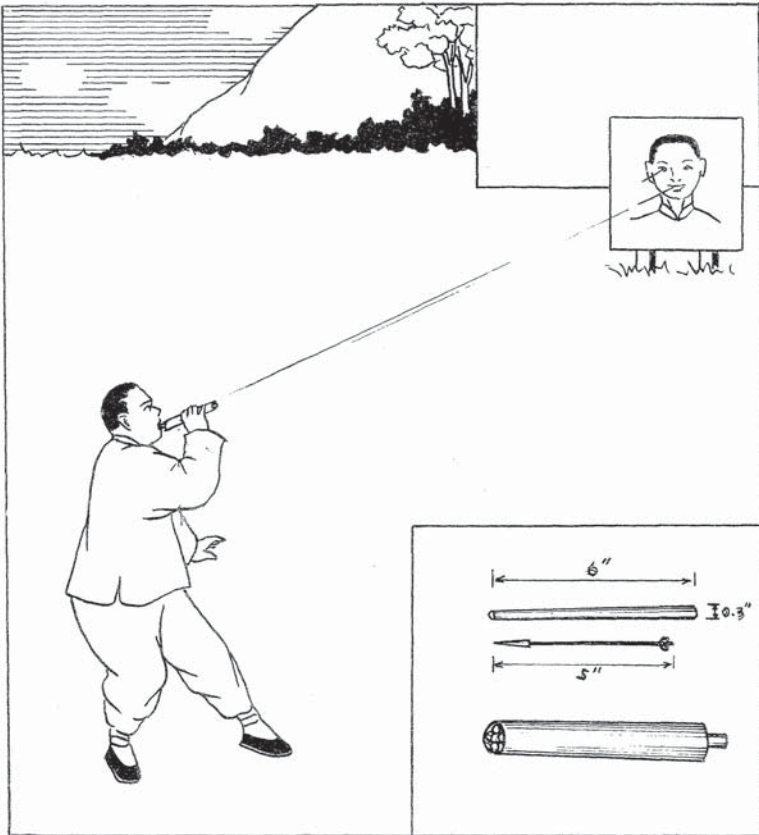
The wishful steel ball was originated by Liu Yen in the Ming Dynasty. Actually, he was taught by a Taoist priest. Liu Yen was specializing in cylindrical dart at that time. A lot of young men learned from him, for he was a famous master. One day when he was hunting in the mountains in order to find some fat sparrows for delicious dishes, he was followed secretly by a Taoist priest. Master Liu Yen used to hunt with his special cylindrical dart. The Taoist priest watched his wonderful skill and questioned, "Are you the sharp-darter Liu Yen?". Liu answered politely and humbly, "Yes, thanks, you are so polite." He then asked the name of the Taoist priest. The priest said that he was a wanderer and had forgotten who he was. The priest also stated that he was not a Kung Fu man and laughed that the sparrows hunted by Liu were probably not sufficient for eating while drinking.

Later on, he took a handful of steel balls from his pocket and quickly shot dozens of sparrows. It was more astonishing that all the sparrows were still alive but had both eyes pierced by the balls. Liu Yen knew that the Taoist priest was a great master and

knelt down to the skill of the wishful steel ball. The priest promised to teach him the secrets. After having taught him those secrets, the priest disappeared. Liu practised for three years, then became the master. However, in later generations there were not many in the Kung Fu field to learn with the great patience required. Therefore, it was not easy to find one who had really mastered the Kung Fu of shooting the wishful steel ball.

19

Blowing Arrow



1. The Structure of the Blowing Arrow.

The blowing arrow is blown by the mouth. There are a single tube arrow and the tube of the plum blossom similar to the dart hidden in the sleeve. The single tube is very simple. It is a bamboo tube six inches long and one and a quarter inches in outer diameter. It is used without any mechanical device or spring. The front part of the bamboo tube is thinner than the rear. The arrow consists of a steel head with a bamboo body; there are no feathers at the end. It is about five inches long and is put into the tube completely before it is used. As the front opening of the tube is almost the same diameter as the arrow, the shaft flies out explosively when blown out by concentrated *Chi* (air). In order to have the arrow shoot out precisely while aiming at the target, it is better to add something rather than wings at the end of the arrow.

As for the tube of the plum blossom type, it is similar to the cylindrical dart hidden in the sleeve. There are six arrows, one in each tube. Six tubes are combined into a plum blossom design fixed in one big tube. Each small tube is half an inch and is exposed at the end of the big tube. To shoot draw back one small tube a little bit with the teeth, then blow the arrow out. Therefore, one can shoot six arrows continuously. After six arrows are shot out, one may seat new ones. Usually, the tube in the plum blossom type is preferred by the Kung Fu man. Three or four tubes are often carried by Kung Fu men. If one wishes to hit the target from a hundred feet, he must master *Chi kung*.

2. The Practice of the Blowing Arrow.

Shooting of the blowing arrow is done by a blast of *Chi* (air) and has nothing to do with skillful hands. Therefore, before practicing the blowing arrow, it is best to practice breathing. There are various methods to do this. Among them the deepest

one is the *Chi* from the lower part of the abdomen. But, the blowing arrow only depends on the sufficient and powerful *Chi* which can be utilized by choice. It does not need the *Chi* of the abdomen. If the internal *kung*, such as *The Secrets of Shaolin Internal Kung Fu* and *Unseen Mind Force*, published by this printer, are practiced hard for one or two years, good results will be gained. Then, the practice of blowing the arrow maximum results with little effort.

Blowing the arrow is through one blast of *Chi*, but aiming rests in the hands by holding and supporting the tube so as to point at the target. The practice target is made of a board, upon which a portrait is drawn. At first, the user stands ten feet away from the target. Later, he moves farther out and reduces the size of the portrait. The point of the target to be selected is similar to that of the wishful ball. This practice should be carried out for at least three years to achieve the best results.

3. The Origin of the Blowing Arrow.

The blowing arrow was created in the Yuan Dynasty. In that period it was one of the martial skills in the western part of China. Since the aborigines had to fight with wild beasts in the mountains, they had to learn martial arts in order to protect themselves from their attack. Therefore, whether male or female, they had to learn Kung Fu from a young age. Among the people of Wu-Chih, if one was too weak to learn Kung Fu or not competent after being taught, he might be expelled by the people. His brothers would no longer be his brothers. So this people became the most famous for being brave and strong. They could use most of the Chinese weapons. The blowing arrow was created by this people for hunting animals.

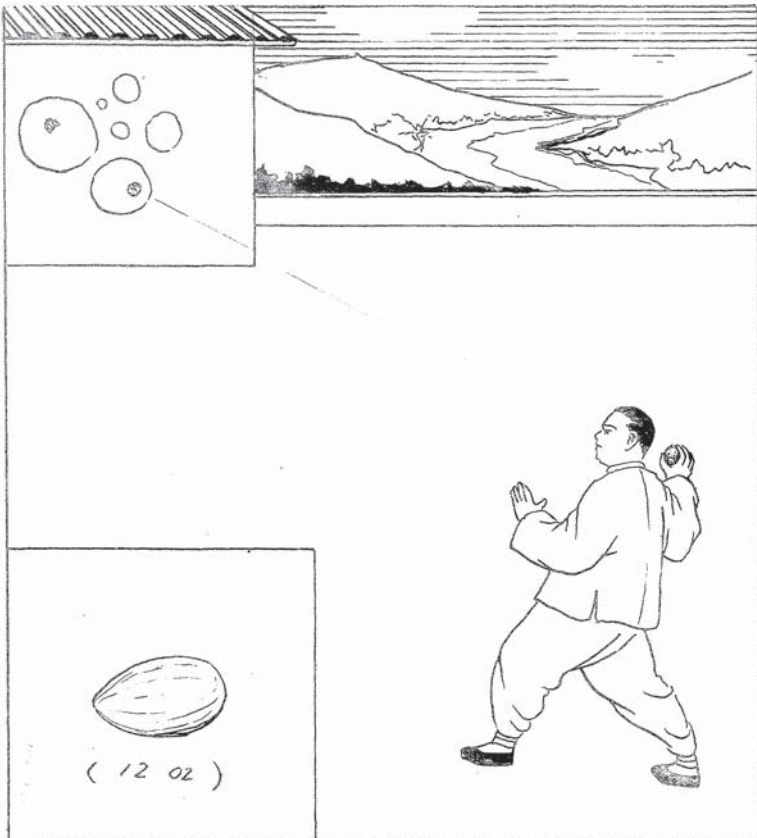
In the Yuan Dynasty there was a monk named Sho Tsen in a Shaolin temple. The monk mastered well Shaolin Kung Fu and had ambitions to learn the Buddhist scriptures in India. When he

went to India via the western part of China, he mistakenly went to the region of the Mao people and was captured by them. The monk demonstrated *gecko kung* against a high wall and quickly moved to the top of the wall. The Mao people were surprised at his skill and worshipped him as a god. He was treated as a guest and stayed there for quite a long time. During his stay, he learned the blowing arrow from those aborigines.

When he went back to the Shaolin temple after learning the Buddhist scriptures of India, he told his adventures to the monks in Shaolin. Many disciples learned the Kung Fu of blowing arrow from him. From then on the blowing arrow became one of the hidden weapons of the Shaolin school. The later Kung Fu men knew the blowing arrow *kung* stemmed from Shaolin. They did not know it came from the western part of China. As the weapon was light and easy to use, a great many Kung Fu people learned it. Even today great Kung Fu masters can use it.

20

Pebbles



1. The Structure of Pebbles.

Pebbles are similar to the flying locust stones, but their shape and impact points are different. Flying locust stones are sharp in the front and round in the rear like the locust. The impacting point is the sharp point so as to hurt the enemy. In contrast pebbles are small, rounded, smooth stones about the size of a goose egg. These stones can be found along valleys, but the best ones come historically from the vicinity of Yu-Hua-Tai, Nanking, China. They have a bright color and a hard quality; they are different sizes. The small ones are like a broad bean, while the bigger ones are like eggs. Usually, the biggest one like a goose egg is chosen as a hidden weapon. As the pebble is smooth, without any sharp points, its effect lies fully in its weight and energetic delivery. The weight of each pebble is about twelve ounces. Pebbles are often carried in bags, six pieces per bag, tied around the waist. In order to evenly divide the weight, two bags are often carried on each side of the waist.

2. The Practice of Pebbles.

Because the shape and impact point of the pebble differ completely from those of the locust stone, their shooting methods are also different — but similar to that of flying-dart. Many shooting methods from it can be used for the pebble, such as positive and negative hands. They are generally divided into throwing, casting away, and throwing on the ground. The throwing method is also in three different types, positive hand, negative hand, and turning back hand, all similar to the method of flying-dart. The methods of casting away are straight and oblique with half negative hand through side palm. The straight casting away is done by holding the pebble with one hand, bending the arm inside to touch the next shoulder with tiger mouth, then throwing away the stone forcefully straight at the frontal enemy.

The oblique casting away is the same as the previous method but involves forcefully throwing to the side of the hand which holds the pebble in order to strike an enemy on the flank.

Throwing on the ground is also divided into frontward and sideward throws. Holding the pebble, raise the hand; then concentrate the strength in the arm to throw the stone frontwards with the palm also opening frontwards. The sideward throwing on the ground is done by raising the hand as just described, but reverse the hand to throw the pebble in the opposite direction.

The clay wall is used as a practice target. The practice distance is from ten to fifty feet. Start with the method of throwing, then casting away, and finally throwing on the ground. However, the diameter of the target circle is gradually reduced from eight inches to the size of a pebble. The practice needs two years, but whether the enemy is wounded deeply or lightly will depend on the arm strength of the user.

3. The Origin of Peoples Used as Hidden Weapons.

Pebbles as hidden weapons originated in the Ming Dynasty. During that period, there was a very famous master, Gan Feng Chih (甘鳳池), in Nanking City. After he took a pebble by chance from the ground to attack a monk, his followers thought it was a special hidden weapon. Then they learned it one after another, and it was further taught in the Kung Fu world all over the country. As the very famous Master Gan Feng Chih stayed in Nanking City, there were no disturbances there. Even some Kung Fu bandits dared not linger when passing through the city.

Once, a monk was begging from door to door with a big tripot in his arms. When he came to a big store, he put the tripot in front of the door to blockade the entrance until he got the money he expected. There were only two ways to expel him from the door. One was to give him sufficient money, and the other was to throw the big tripot out of the door. As the tripot weighed

300 pounds, nobody could move it.

After the monk got the money, he went to a restaurant to eat and drink. No one dared to fight him, but they attempted to frighten him by saying that Master Gan Feng Chih lived in the city. "Dare you," they said, "disturb the peace of the city?" He shouted aloud, "Who is Gan Feng Chih? What is he? How could he interfere with my begging here?" He ridiculed Master Gan. All the people thought the monk very foolish and informed Master Gan. They asked Gan to kick him out. However, after Gan heard about the monk, he laughed and said, "It is not so easy. Though the monk pretends otherwise, he must know me. He intends to induce me out to compete with him by Kung Fu when he begs he brings a heavy tripot in his arms in order to show his strength. He must not be a common monk."

Since at that time, the master was sick, he did not want to fight the monk. He advised the people to be patient for a few days; then the monk might leave on his own accord. People thought that Master Gan dared not to fight the monk, because the latter's skill and Kung Fu were superior to those of the master. Some of people even laughed that the master was a coward.

People in the city did not want to meet the monk. Whenever they encountered him, they made a detour. He took what he wanted from the stores. Sometimes, he grew furious with the people and shouted, "In Nanking, are you all ladies? Is there no man in the city? Why will no one spar with me? Is Gan Feng Chih dead? No, he dares not meet me, so he hides himself. His fame is a lie." Hearing his words, the people angry, but nobody could fight the monk.

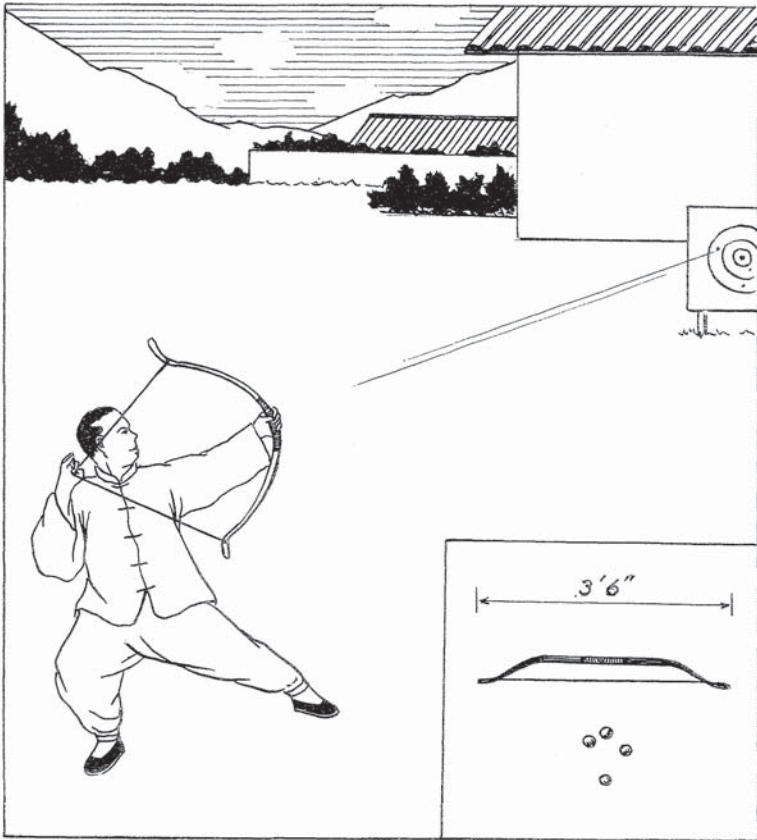
One day, Master Gan Feng Chih visited Yu Hua Tai alone and thought about how to overcome the monk. While he was contemplating, the monk with his tripot in his arms presented himself in front of the master. The monk smiled and said, "Are you Gan Feng Chih? I have waited a long time to see you, but

you dared not to come out. Now that you are here, I would like to give you my tripot as a present." Immediately after finishing the words, he had threw the tripot out. The coins in the tripot flew at Gan like locusts. Gan heard the noise, raised his head, and saw all the coins and the tripot coming at him. He fended them off with his wide sleeve. Since his hands were empty, with no weapons to attack the monk, he picked up a pebble casually and threw it, aiming at the monk's head. He failed, but he then picked up another pebble and said, "I was unable to hit your head. Why don't I hit your tibia now?" The monk believed him and paid more attention to his legs. Master Gan suddenly threw the pebble, still aiming at his head. The pebble hit right on target, and it seemed deep in the head of the monk. The monk raised his head and looked at Gan, "You are not a common one at all. I am favored by you. I should return the pebble to you, but I would like to bring it back to present it to the General Master Monk, Chiao Yuan." Gan was astonished at his words and knelt down to request forgiveness. The monk did not pay heed and went away.

Gan thought that in throwing the pebble he had used all his energy. Surely, one hit in this fashion should have been killed. However, the monk felt nothing, so his skill had to be much greater than his own. Further, he also talked about the Master Monk Chiao Yuan, and the monk should be his senior by grade. As the monk Chiao Yuan was the great master of Gan Feng Chih, Gan thought that he probably had offended the monk. But the monk had gone away, so there was nothing to say about it. Still, the pebble remained a hidden weapon in the field of Kung Fu ever after.

21

Slingshot



1. The Structure of the Slingshot.

The Slingshot is similar to the bow made of bamboo. On its exterior cow's muscle is used, while cow horn is used inside. Its length is about three feet, six inches from end to end. This is the common slingshot. For the master Kung Fu men, though bamboo is also used as the frame, steel is used instead of cow muscle and horn. The chain at both ends of the slingshot is made of mixed materials, hair, copper wire, and jute. The string is made of silk. Therefore, the slingshot is very strong and has a long range. The slingshot is divided into several parts: handle, frame and ends, and string. The pellet is made of clay mixed with glue. Sometimes, metal pellets are also used by people to fight or to hunt birds. In peacetime the string is often disassembled. Otherwise, the elastic force of the bow may be gradually decreased. Usually, hundred pellets are prepared in a leather bag.

2. The Practice of the Slingshot.

The first step in practicing the slingshot is to open it. If the student is not strong enough, he should practice his strength. Then, the methods of opening the slingshot and shooting at a target can be practiced. The method of opening the slingshot is to hold the bow with the left hand, palm rightward, arm straight forward. Use the thumb, index, and middle fingers to hold the middle part of the string. Draw it back towards the temple elbow bent inward to about shoulder-level. The posture is as though the left hand was pushing a mountain and the right hand was holding a baby. While opening the slingshot, the body should be leaning slightly to the left, the upper body slightly forward, with both feet planted firmly. While drawing back the slingshot, eyes and hands must coordinate closely with each other; if the hands and eyes do not do this, it will be difficult to aim at the target. Hands which hold the slingshot should be steady. Furthermore, the feet

should not move, and the lower body should not feel stiff. This avoids effecting the coordination of the above-mentioned movements. The next step is to practice shooting the pellet. The pellet is placed by three fingers on the string. Then, it is drawn back until the slingshot assumes a round shape. At that moment, release the three fingers and flick the left wrist, shooting the pellet out by the elasticity of the sling. Above all, the most important thing is to keep calm while shooting. At first the size of the target should be about that of a plate; then, its size should be reduced from time to time, until its size becomes that of a pellet. At night, a burning incense is used as a target for practice. A successful user should practice hard for at least three years.

3. The Origin of the Slingshot.

The slingshot originated before the Han Dynasty, a derivative of the bow but using a pellet instead of an arrow. Regarding the inventor, there are no records. The slingshot is more convenient than the bow, because the pellet is more easily carried than are arrows. The most popular period of the slingshot was in the Tang Dynasty. In that period it seemed that everyone could use the slingshot.

There was a young man named Sen Yuan who mastered not only Chinese fist but the skill of slingshot. Sen Yuan became a very famous bodyguard, but he was as proud as a peacock. He often called himself a marvelous master of the slingshot. One time, he was employed to guard a lot of treasure moving from the country to the city. He did not hire any other assistant but did the task himself just because he was a marvelous master of the slingshot. When he came to Teh Chou, he stayed in a hotel, where he met an old man who laughed at him. But he did not care about it. Later on, he ordered a bottle of liquor and some dishes to enjoy a delicious dinner. The old man came to him again and said, "You carry a lot of treasure alone. Don't you know there are a

great many difficult situations in this world?" Sen Yuan said offhandedly, "The slingshot is in my hand. I don't think rats dare to approach me." The old man smiled and disappeared.

The next day, Sen Yuan went on his way to the city through the mountains. He encountered a young man riding on a horse. The fellow looked at him. He was angry with the young man and said, "Why do you look at me? Go quickly. Otherwise, I'll shoot out your eyes." The young man smiled and said, "Do you believe it? If I did not look at you, how would I know you? When you look back at me, you intend to take out my eyes. Is this the law of nature?"

Sen Yuan had nothing to say and immediately took his slingshot and pellet to aim at the young man's eyes. He shot, but the young man caught the pellet easily with two fingers. Sen Yuan shot out five pellets in quick succession, and the young man caught them all.

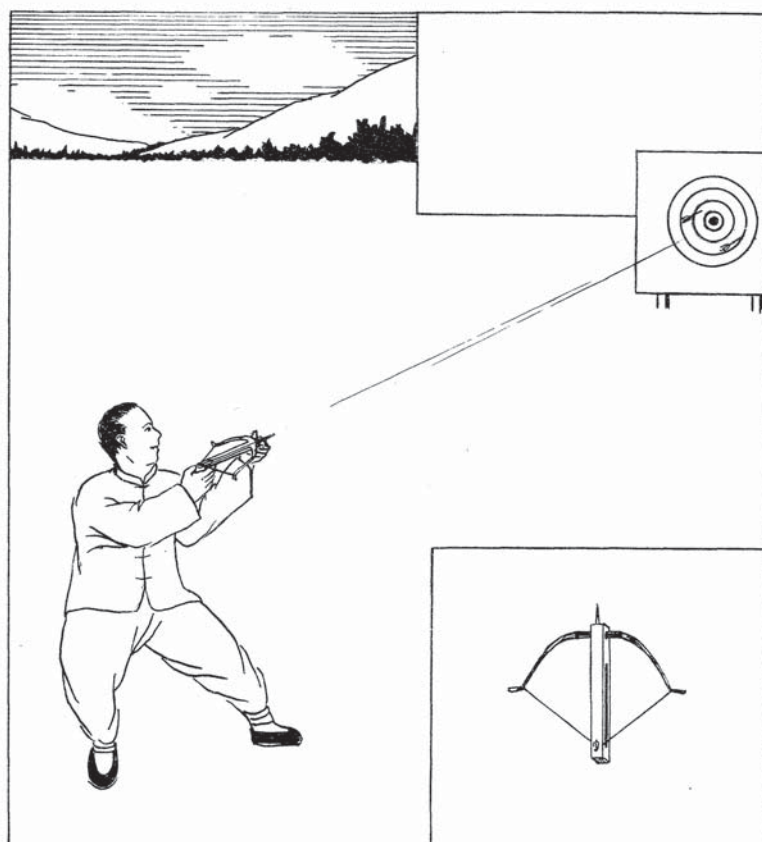
Sen Yuan was astonished at the young man's super Kung Fu and wanted to flee. The young man smiled and joked, "It seems unpolite if I don't do to you what you have done to me." The young man took out his own slingshot but used the pellets shot by Sen Yuan. He shot quickly, aiming at Sen Yuan, who dodged left and right. But his left leg was finally caught by one pellet, and he dropped from his horse. The young man quickly jumped on Sen's horse back and said, "Your skill even is not sufficient to defend your one leg. How are you able to protect the great treasure?" With those words, he went away.

Sen Yuan was ashamed and did not have the courage to go back to his native town. He stayed under a big tree and prepared to commit suicide by hanging himself. Though he attempted to do so, someone cut the rope. His life was saved by the old man whom he had met at the hotel. Sen Yuan wondered why he should chance to meet the old man. The old man told him that he knew his skill with the slingshot was inferior to that of his son and

knew what would happen. So he had come to save him. Then he led Sen Yuan to his house to meet the young man whom he had encountered and who now rode on Sen's horse. The old man ordered his son to return the horse and treasure to Sen Yuan, who, embarrassed, retired from the Kung Fu world.

22

Crossbow



1. The Structure of the Crossbow.

The crossbow is one of the sharpest hidden weapons due to its power. It is made of wood; in the center of the bow an arm is placed. At end of the arm, several teeth are made to join with the bowstring. A device similar to a door knob or to a trigger is placed in the end of the arm to release the arrows. The strongest crossbow is able to shoot 200 feet, while the more common model can shoot 100 feet. The effect of the crossbow is better at these ranges than that of the Chinese bow. The shaft of the arrow is made of bamboo, with sharp steel as the head — longer than that used by the cylindrical dart hidden in the sleeve. In ancient times, the crossbow was used as a military weapon as well as for hunting. It was most popular in the northeast part of China.

2. The Practice of the Crossbow.

The method of practicing with the crossbow is different from that of the ordinary bow, because the structures are quite distinct from each other. Using the bow, one hand pushes the bow itself while the other hand draws back the string. However, the crossbow requires both hands, including the one hand to pull the trigger. The other aims the front part of the crossbow arm at the target. While practicing, a drawn target is put at a distance of about ten feet, then gradually moved out farther from time to time until it reaches 100 feet. The size of the target is also gradually reduced until it reaches to the size of a coin. At this point, if the student is still able to hit the target without any misses, he is proficient.

3. The Origin of the Crossbow.

The crossbow comes from the very beginnings of Chinese history. At the shooting of the crossbow depends not on strength but on a mechanical device, it is often more powerful and will

reach farther than a Chinese bow. It was actually used as a formal military weapon in the army by ancient troops. However, during that period the crossbow was too bulky to be carried for. Over time, it was improved, and the size was reduced to a portable level so that a single man could easily carry and use it. In the northern part of China, especially in the northeastern part, even nowadays, there are still many people who use it.

In Shan Tung Province, there was a man named Hu Ting Yao whose work was to collect Chinese herbs and ginseng. Every year, together with friends, he went to the northeastern parts to collect ginseng. Hu Ting Yao had done this work for more than three generations. Therefore, he had a lot of good friends among the northern young men. Every time he completed his collection successfully and in safety. As he was a good man and generous, he had no enemies at all both in his native town or in the northeastern parts.

One day in the winter, a stranger, who said he was from the northeastern parts and called Wang Ho, visited him. Hu Ting Yao did not have a friend named Wang but still treated him politely. Hu asked Wang's purpose. Wang said he had heard that Hu had gained a good collection of ginseng that year and that he wanted half of it. Wang said he would not take no for an answer. Hu suddenly realized that Wang was a leading bandit in the northeastern parts, but that he was hiding his identity.

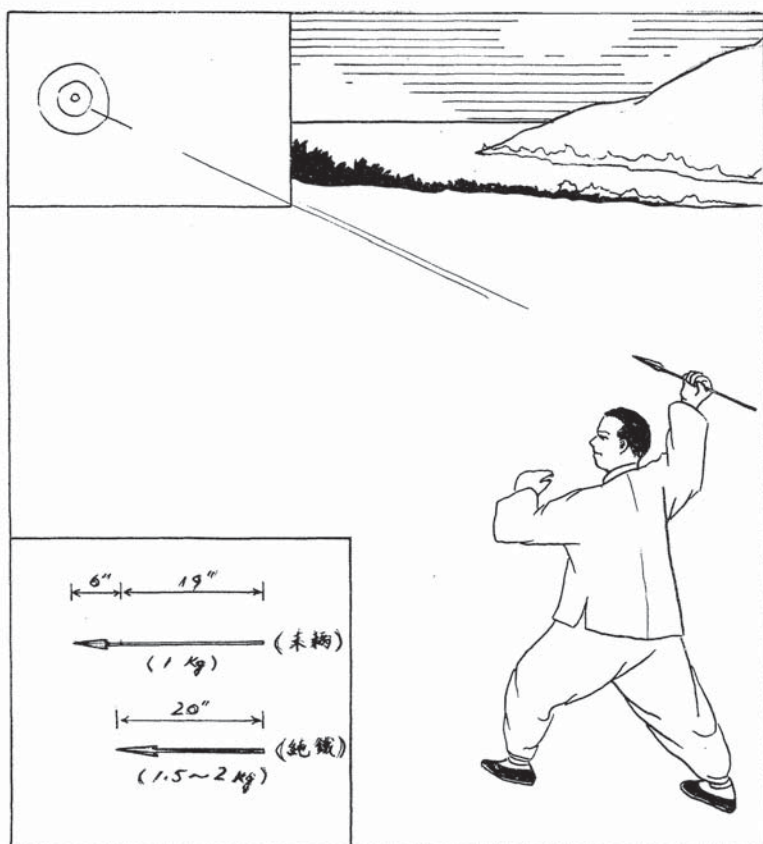
An assistant to Hu grew angry at Wang's demand and stated that the collection of ginseng had nothing to do with Wang and that he had no right to share in half of the results. However, Hu kept calm and said to Wang, "You came from far away for half of our collection and are a master of a special Kung Fu skill. Would you like to show it to us and let us enjoy it?"

Wang promised, with politeness, to demonstrate his skill with the crossbow. He looked up at the sky and saw a flock of crows. He shot five arrows in quick succession. In a twinkling, five

crows fell. Every one was hit in the throat. Therefore, each opened its beak and cried out as it was hit. Hu and his attendants were surprised at Wang's skill, as no one at that time could make such shots. Wang then was treated as the best guest and naturally shared in half of their collection of ginseng.

23

Javelin



1. The Structure of the Javelin.

The javelin is also called "the spear without tassel" and its size is shorter. There are two kinds of javelin. One is made completely of steel, and the other is made with a wooden shaft and a steel head. The length is about two and a half feet. The wooden shaft javelin has a shaft about two feet long, while the head is six inches long. Its total weight is about two pounds. The steel javelin is shorter than the wooden shaft javelin. Its total length is less than two feet. It is like a steel bar with one sharp end. Its weight is about four pounds. When fighting, it is used as a short weapon with 24 movements. In case of emergency, it is also used as a hidden weapon to be thrown out at the target. As the javelin is not a small hidden weapon, it is not easy to carry. Therefore, the user usually carries only four pieces of the javelin tied on the back, two pieces on each side, the head upward so that it is easy to take it out for use.

2. The Practice of the Javelin.

The first condition for the one who practices the javelin is good physical strength. If one does not have good physical strength, he is not suitable to practice the javelin, because the weight of it is at least two pounds. Without good physical strength, one cannot use the javelin to hurt the enemy. Practicing javelin does not include the 24 movements, which are beyond the scope of hidden weapons. What is practiced is the actual throwing. This method is similar to that of flying fork.

The throwing methods are divided into frontal, sideward, and reverse. The grip has one hand holding the middle part of the javelin, a tiger mouth toward the shaft, the side palm toward the javelin's head. Frontal throwing is lifting the javelin over the head, the javelin's head toward front, then throwing it forward after aiming at the frontal target by bending the arm backward.

There are two ways of the sideward throwing. One way is to throw at the left side target with the right hand holding the javelin, raising it over the head with the javelin's head pointing leftward. Draw the right hand back a bit and turn the hand to throw it out. The other way is to throw at the right side target by holding the javelin with the right hand in front of chest, the javelin's head rightward. Then throw it by moving the right hand leftwards a bit. As for the reverse throwing method, the javelin may be thrown out either above the shoulder or under the armpit by twisting the body. The clay target is used for practice. The practice distance is from ten to fifty feet or more.

3. The Origin of the Javelin.

The javelin was originated amongst the Miao aboriginal people in the deep mountains of southern China. In olden times the Miao people's main food was wild animals. They had to hunt the animals with rough weapons which they made themselves. The javelin was one of their simple weapons, but they called it a flying wooden club. As the Miao people used the javelin all the time, nearly all of them had a degree of skill.

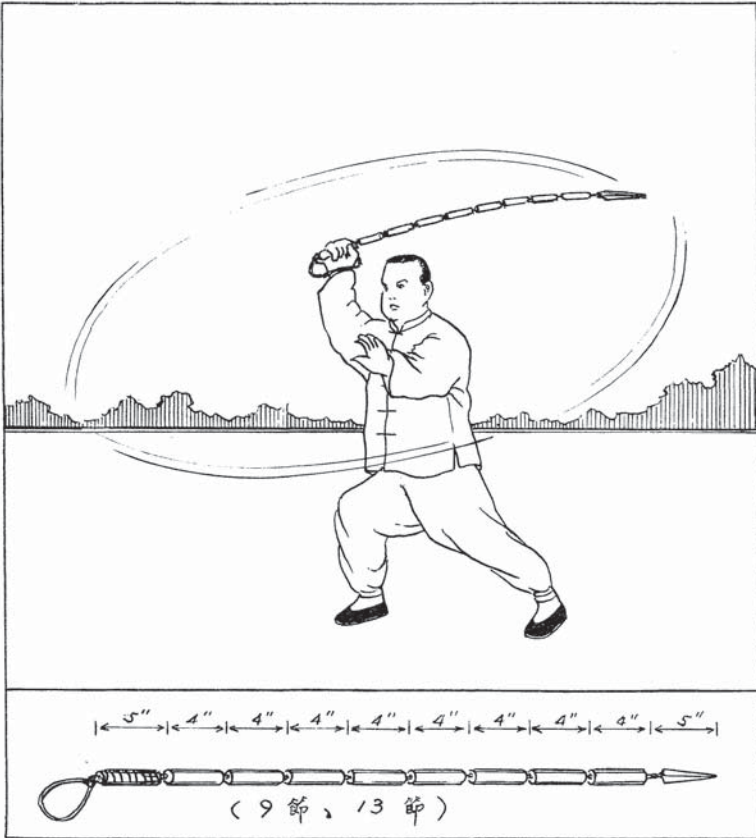
Owing to social progress, communication and trade had been set up between the Miao people and people from the central part of China. The flying wooden club was transmitted to the Kung Fu world of the central parts, but it was considered too long and its head not too sharp. Therefore, the Chinese shortened it, gave it a steel head, and created the name "javelin." Furthermore, a Kung Fu master created 24 movements with the javelin. As it was not very difficult to practice, it needed only about two years to be successful. A lot of Kung Fu men used it.

In the Ching Dynasty, there was a young man who was born a Kung Fu man. He was trained by a Kung Fu master, Lin. In six years the young man became a very good Kung Fu man, especially in the javelin. During that period, he joined the army as a squad

leader. In battles he killed countless opponents with his special javelin skill. Thus, he was promoted to group leader as a general. After the wars, he retired from the army and lived in his native town and often went hunting using his javelin. From then on, his javelin skill was well known by the people.

24

Whip-chain Dart



1. The Structure of the Whip-chain Dart.

The whip-chain dart is not only a weapon but also a hidden weapon. It is a powerful weapon. An enemy hit by it will be severely wounded. More significantly, the weapon is not easily defended against. The whip-chain dart is made of steel or brass. The chain is divided into many sections. Each section is about four inches long; they are connected by rings. The end of the chain is connected to a sharp dart which is used to pierce the enemy. The end is the handle. Behind the handle there is also a ring to wrap about the wrist of the hand holding the handle. Usually there are nine-section whips and thirteen-section whips. The chain links are in several styles such as round, square, triangular, and hexagon. The nine-section whip is often called the "bamboo section whip." The different sections have different names. The method of carrying the whip-chain dart is to wrap it around the waist of the user, putting the dart in the ring handle. In this way it is easy to use it and easy to throw out at the target, provided that the handle is held fast with the hand.

2. The Practice of the Whip-chain Dart.

The practice of whip-chain dart depends on proficient soft-*kung* in which hard-*kung* is conceived. When this is done, the whip-chain dart can be used. Otherwise, the whip-chain dart in the hand is like a dead snake. The point of main force is the dart. At the beginning of practice, the wrist strength must be transferred to the dart by swinging the whip-chain dart rapidly like the dragon's beard or the tiger's tail. To have the swinging whip unified with spirit and body is the best Kung Fu use of the whip-chain dart. In swinging there are eleven methods that which are beyond the scope of hidden weapons and thus are not described in this book.

As for the methods of swinging the whip-chain dart when it is

used as a hidden weapon, these are divided into splitting, impeding, and rolling up. The splitting method is to shake the whip and to make a circle backwards, then to attack downward from overhead at the opponent. The impeding method is divided into left side and right side. It is to attack the mid-section of the opponent. Holding the whip with the right hand to attack the opponent from right to left is called left impeding. Attacking the opponent from left to right is called right impeding. The rolling up method is also divided into left and right to attack the lower part of the opponent. Hold the whip with the right hand to roll up from right to left. Going upward but still falling down on the right side is called the right side rolling up method. Holding the whip with the right hand to roll it up from left to right, then going upward but falling down in the left side, is called the left side rolling up method. Once these methods are successfully mastered, one is able to use the whip-chain dart as a hidden weapon.

3. The Origin of the Whip-chain Dart.

The whip as one of the short weapons came from ancient times, but then a hard whip was used. Later, the soft whip was adopted. The oldest user of the weapon was Yu-Chih Cheng Teh, the famous general in the early Tang Dynasty. General Yu-chih was from Inner Mogolia. He fought repeatedly and won every battle because of his skill at attacking with a whip on horseback. Therefore, the soft whip was used as a hidden weapon, as noted in some old books. General Yu-chih was the first master of this soft whip.

In recent generations, the most famous user of the soft whip was the master Shu, who was from the same place as General Yu-chih. In the Ching Dynasty, Master Shu King Shan created the exclusive skill of using the soft whip. It is said that the Eighteen Movements of the Golden Whip were created by Master Shu King Shan. In the same period there was also a famous master, Chen

Hsiung, specializing in iron arms Kung Fu. He wished to be the best, so he went to challenge the master Shu King Shan.

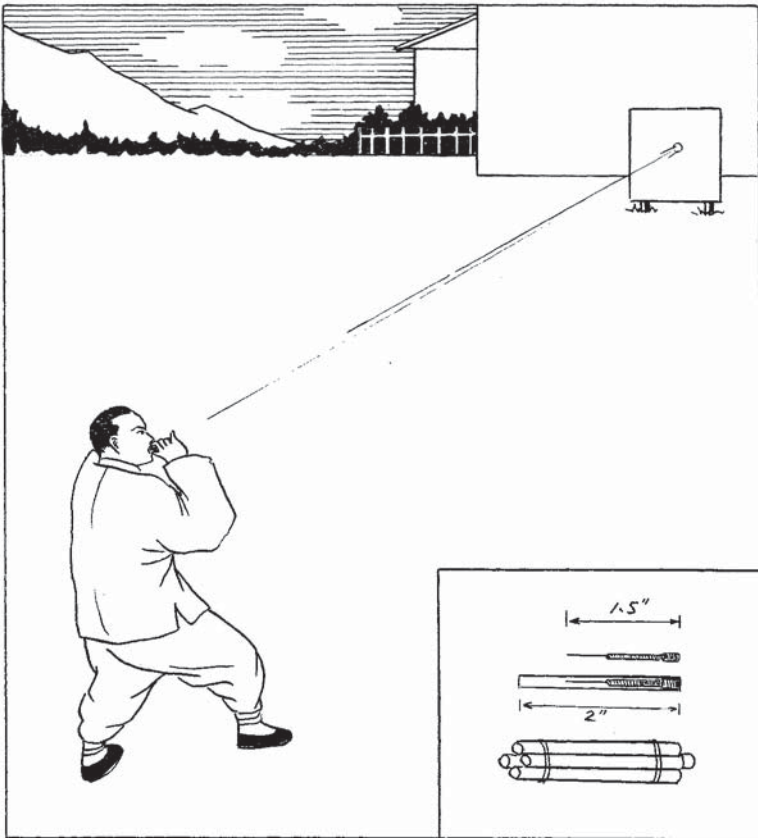
Master Shu knew this intent but still treated him politely. Chen Hsiung insisted upon competing with him, but Master Shu refused his challenge, because he knew he could not defeat the iron arms. Chen Hsiung still insisted upon challenging him. At last, Master Shu promised him that each would demonstrate his special Kung Fu skill. Chen accepted and went out with master Shu.

In the yard Chen Hsiung suddenly cut down a tree about four inches in diameter with one of his hands. Master Shu laughed and admired his iron arms. Master Shu found a rock plate about five inches in thickness. He took his soft whip from his waist and whipped the rock plate. Where the head of his whip touched, it left a crack. Chen Hsiung finally learned that Master Shu could not be insulted, and he went away with thanks. It is easy to judge what internal *kung* he had which allowed him to make in a thick rock plate a big crack using only with a soft whip. Master Shu had no regret for his fame with the golden whip.

25

Mea Hua Needles

(Needles Combined in the Shape of Plum Blossom)



1. The Structure of Mea Hua Needles.

The needle is the smallest of the hidden weapons. It is blown with the mouth. It is too small to be protected against. Furthermore, it is hard to see due to its tiny shape when it is shot out. There is no sound. However, since it is so tiny, its power is weak, and its range is too short. Therefore, the target to be selected is only the eyes of the enemy, because the eyes are the weak points. No real damage can be done to other parts of the body unless poison is put on the point.

The needle is made of steel, just like the needle used in embroidering, about one and a half inches long. The rear one inch of the needle is wrapped with flannel. Five needles are combined together in the shape of a plum blossom, five needles to a set. Several sets are prepared for use in emergencies. The blow tube is made of a goose feather two inches long. The internal diameter of the tube should be suitable to contain a set. In order to have the needle blown out powerfully, the front part of the tube should not be too wide. Each set of needles should be set in one goose feather tube stored in the pocket.

2. The Practice of Mea Hua Needles.

The shooting of Mea Hua Needles is similar to the blowing of the arrow, but it is easier to aim at the target. The first step is to practice internal Kung Fu, which is not described here. Students should read the *Internal Kung* before practicing the Mea Hua Needles. As for shooting the target, the needle is unable to shoot at a long range target since the needle is too tiny. Hitting the target at twenty feet is not easy. If one can hit a target at thirty feet, his skill is excellent.

A board is used as the practice target. In its middle is painted a red heart with a diameter of four inches. The practice distance for the new student is about ten feet. Then, from time to time,

the distance is increased up to twenty feet, with all the needles hitting the target. When the red heart is reduced to the size of a coin, and one is still able to hit the target, he has mastered the skill of shooting the Mea Hua Needles.

3. The Origin of the Mea Hua Needles.

There is no way to prove who created the needles and when they were created. But, in recent generations, there were commonly used in the Kung Fu world. In our estimation, they were created by modern people. Furthermore, as the needle is used for embroidery, it was probably used by a lady as a hidden weapon. The needle's tiny size makes it more suitable for a lady to use. As the matter of fact, Mea Hua Needles are now mostly used by Kung Fu ladies.

In Hu Nan province, a rich family once was robbed. An old Kung Fu man named Lu Fei Hsiung and his daughter, Ming Nuan, were suspected, because they were there running a side street show for a living. Therefore, they were arrested by the local authority. They suffered greatly in the jail. However, there was no evidence to prove their crime. After one year, a new governor, Chen Shih Chich, was assigned to Hu Nan Province. When he reviewed the case, he thought that they should not be condemned without evidence. Thus, they were released by the court. The old man, Lu Fei Hsiung, extended many thanks to the governor and said that since he was old he would be dead soon. In order to reward his great kindness, he requested the governor to adopt his daughter, Ming Nuan, as a maid and explained that his daughter knew Chinese Kung Fu and could help the governor to arrest robbers to keep a peaceful society. The governor promised him he would do this, and the old man died not long after.

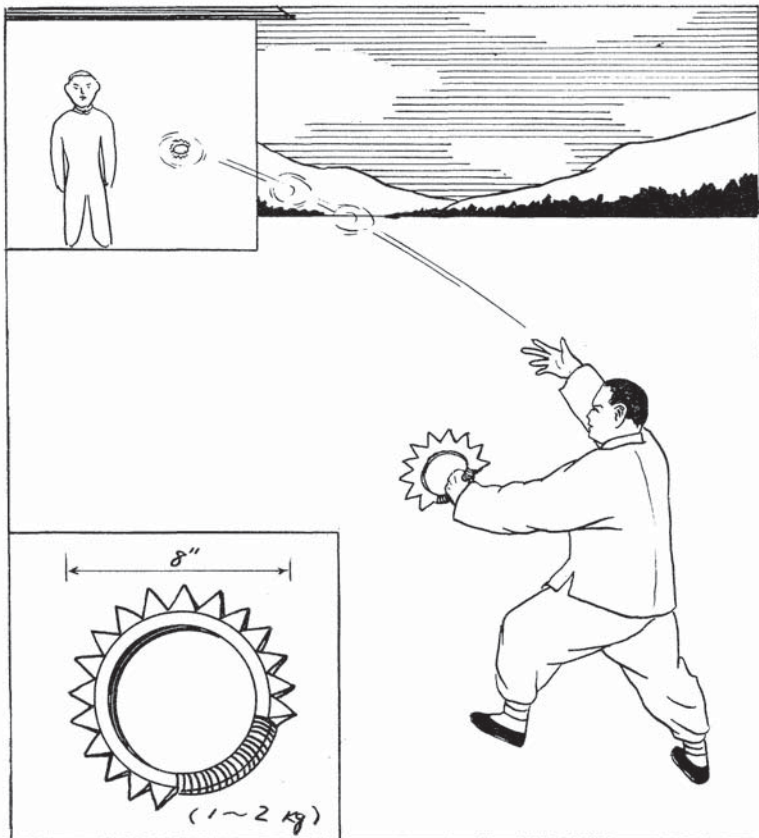
Ming Nuan often went out to arrest robbers in the province. In only a few months the fame of Chen's government for arresting robbers had spread throughout the country Chen understood that

Ming Nuan was not a common lady, so she was assigned as a chief detective for any important case. One day, Governor Chen knew his father was sick in his native town. He had to go back to visit his father by steamer along a big river. Ming Nuan was appointed as his bodyguard. Ming Nuan discovered that the captain of the steamer was a robber, so she knew her master would be in danger. Her master remained calm, because he had confidence on her fighting skill.

One night the robbery was attempted. She killed several robbers who were also sailors. As she fought them, several tiny lights appeared to come from her mouth. Each time the light flashed across the sky, one of her opponents fell. Eventually, the head of the robbery was arrested, and others of his band surrendered. The governor asked the lady Ming Nuan how she could drop the robbers. Ming Nuan told him that besides her sabre Kung Fu, she had also mastered the skill of Mea Hua Needles. Ming Nuan was treated well during her life in the administration of Chen's government.

26

Universal Bangle



1. The Structure of Universal Bangle.

The Universal Bangle is also named Yin-Yang (positive and negative) sticking wheel and is a very sharp hidden weapon. Its shape is similar to a bracelet with a diameter of about eight inches. The handle, round and about a handful's size, is a quarter of the bangle. The other three-quarters is flat and round, about one inch wide. Its thickness is about half an inch. On the outside edge there are triangle steel sticks about one and a half inches long. The sharp point of stick is bent to one side, similar to saw teeth. On the outside edge, the sticks are arranged at intervals of half an inch. There are scores of sticks. The weight of each bangle is about three pounds, but the weight may be adjusted according to the student's strength. The heaviest is not more than four pounds, while the lightest is not less than two pounds.

The bangle is carried in a leather shoulder bag. The handle is exposed on the upper side so that it may be taken out. Each bag may contain three bangles. When taking it out, attention must be paid to avoid hurting oneself. As the universal bangle is not easy to practice, it has almost disappeared in recent generations.

2. The Practice of Universal Bangle.

Sticks of the universal bangle are the main points with which to attack the opponent. However, while launching the bangle, it is very important to have it spinning as in the launching of the flying cymbal. But the effects of the two weapons are different. Hurting the opponent with the sticks of the universal bangle is like a saw cutting wood. The effect is much stronger than that of the flying cymbal.

The arm strength for throwing and spinning should be practiced first. For, when the bangle is thrown out, it should be spinning rather than thrown straight at the target. The throwing method is not really different from that of the flying cymbal. It

is also divided into frontal attack and horizontal attack. The frontal attack is to hold the bangle, lifting it over the head with tiger mouth backward. The hand is moved a little bit backward and thrown downward from above to hit the opponent's head.

In the horizontal attack there are two methods, right and left throwing. Left throwing is to hold the bangle with the right hand with tiger mouth rightward and sticks leftward, palm upward. Move the hand quickly outward and turn it to throw the bangle leftward to attack the opponent in the left side. Do just the opposite for the right throwing. If the opponent is behind you, the horizontal attacks are used while turning the upper body leftward or rightward in order to throw the bangle to attack the opponent in the left or right back. After these methods are mastered, the bangle may be used to attack the opponent. The clay wall is used as a target for practice. The practice steps are almost similar to those mentioned previously. But it is not necessary to reduce the target area, because the bangle is unlimited. To be a successful user of the universal bangle, hard practice of three years is required.

3. The Origin of the Universal Bangle.

The genuine name of the universal bangle was Yin-Yang (positive and negative) Stick-wheel. Later, in the Kung Fu world, it was changed to universal bangle. It was created in the early Yuan Dynasty. In the period of Yuan Shih Tsu, as they were from Mongolia, their military achievements were greatest. Every general was very brave. Among the generals, there was one called Ha Shing who specialized in the long spear. When his long spear could not reach the target, the universal bangle was used. Therefore, no opponents could escape from his attack. After the Mongolians came to China, the universal bangle was spread almost throughout the country. But several hundred years later, it was not often seen in the Kung Fu world of the southern part, only in the northern

China.

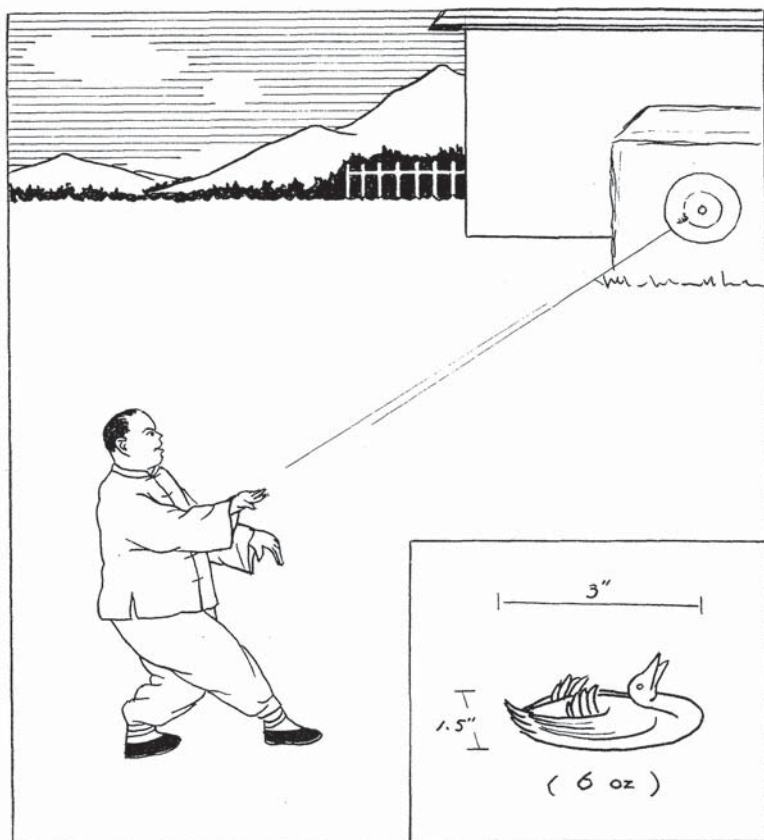
During that period, there was a Kung Fu man named Tang who was dispatched to be a leader at Wu Lu Mu chih, a place on the northern border. The customs and traditions were quite foreign. In his leisure time the leader often led his subordinates in hunting. His subordinates carried not only long spears but universal bangles.

The soldiers preferred to use universal bangle rather than long spears while hunting animals, and there was almost no loss. Sometimes, they could even cut through the tiger's belly. Tang, the leader, knew that the weapon was very useful and learned it from his subordinates. Based on his Kung Fu foundation and strength, as well as his hard practice, he mastered the skill of universal bangle in only a year.

After he was called back to central China, he described the interesting matters he had experienced in the northern border for his friends and colleagues. They thought that he boasted much. Then, they brought a cow for the target so as to let him demonstrate his skill of universal bangle. Tang stood about a hundred feet from the target and threw his universal bangle. No sooner had he launched the bangle than the cow was killed by a heavy attack on its belly. In the early Keng Shi period of the Ching Dynasty, Tang retired to his native town and taught the skill of universal bangle to the younger generations. From then on, this kind of hidden weapon was spread from place to place in China.

27

Iron Mandarin Duck



1. The Structure of Iron Mandarin Duck.

This weapon is quite similar to the iron toad and is one of the more interesting hidden weapons. It is made completely of iron, about three inches long and one and a half inches wide, with a bent neck, head upward, and two movable wings which may open and close. Its shape is the same as a mandarin duck with a sharp beak slightly opened and a movable sharp pointed tongue. Each one weighs about six ounces. Its chest is flat like a mandarin duck swimming on the surface of the water. Under its tongue, there is a spring, the rear part of which is connected with a trigger set on the neck and also connected to the two wings. Before launching the iron mandarin duck, the spring should be pressed. When its beak touches the target, the body will shake. As there is a device connected to this spring in the duck, when the body shakes, the spring loosens, and the tongue shoots out to attack the target. Therefore, not only can the beak hurt the opponent, but the tongue may hurt him more seriously. Therefore, the iron mandarin duck is not only interesting but most useful. A pair of the iron mandarin ducks is usually put in a small bag. Three or four bags are put in a big bag to be carried by the Kung Fu man.

2. The Practice of Iron Mandarin Duck.

The practice of iron mandarin duck does not depend on strength but on aiming at the target so as to utilize not only its beak but also its tongue. The throwing method is similar to that of the flying dart. Having the duck correctly on your fingers, with its head forward, thumb on its back, throw it out, aiming at the target. As for the throwing methods, there are also positive and negative hands, as well as backward throwing. Nevertheless, while throwing, you must have the duck flat and straight, as if it was swimming on the surface of the water. This lets its beak hit the target first. If you are unable to launch it

flat and straight, even a hit the target will be ineffective.

Either a clay wall of a sand bag is used as the practice target. Mark a circle about plate size and make it smaller from time to time. The practice distance ranges from twenty feet to eighty feet. Regarding the other methods, please refer to those of flying-dart and iron toad. The practice needs about one to two years.

3. The Origin of the Iron Mandarin Duck.

The iron mandarin duck originated in the Sung Dynasty. During the period of Jean Tsung, there was a Taoist temple. The chief Taoist, Yun Ho, visited O-Mei Mountain and found an old book in a stone cabin. The book described how to manufacture the mechanical weapons. After reading the book, the Taoist created a lot of mechanical weapons. The iron mandarin duck was created by him. The later generations imitated it and took it as a hidden weapon.

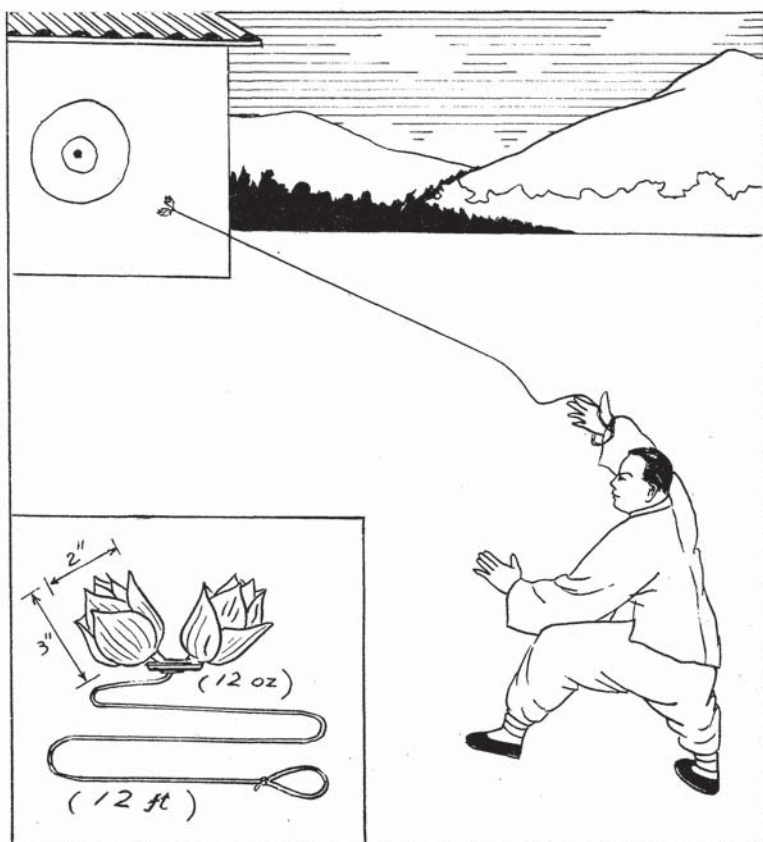
In the Ching Dynasty there was a young man named Lee. Lee's family was very rich. As Lee was a generous young guy, he made a lot of friends among Kung Fu people. Therefore, he learned Kung Fu from many schools. When Lee was twenty years old, he spent all the money of his family. As he could not live a poor life, he went to Peking to find his friend Mr. Sun who was an official and very rich. Mr. Sun gave Lee a lot of money, and Lee went to Shan Tung Province with the money. On his way to Shan Tung, he met a group of robbers. Since Lee had mastered many different Kung Fuses, he defeated them with his iron mandarin duck.

About two hours later a beautiful young girl came to fight him. As the girl had also mastered the skill of the iron mandarin duck, upon seeing Lee, she threw out a duck. Lee quickly launched his duck, too. Both of their iron mandarin ducks met together in the air and dropped to the ground. They then both

launched new ducks again, and the two still met in the air and dropped. At that moment three leaders of the robbers came riding on their horses. Lee was taken to the robber's camp on a mountain. As one of the leaders was favored by Lee previously, and Lee knew how to use iron mandarin duck, he was not killed. Instead, he was treated as a guest, and the girl who mastered the skill of iron mandarin duck married him. They became an ideal couple. From then on, this was spread as an interesting story in the field of Kung Fu.

28

Iron Lotus



1. The Structure of Iron Lotus.

Iron lotus and iron mandarin duck are similar in that their structures are both designed with mechanical devices; but the former is connected with rope. The lotus has two heads joined by a bracket, just as with buds, but between them there is a crack. On both sides of the bracket, there are sharp angles and a pointed head. It is almost the same as the lotus bud about three inches long, the widest part being about two inches. On its rear part, there is a ring connected to the inner mechanical device, which is composed of a spring and a stopper. When the spring is pressed, two brackets combine together. As the stopper connects to the rear ring — as the ring is turning — it takes off, and the spring is out of control. It straightens horizontally on both sides so as to push the brackets outward. As sharp angles are outside the brackets, they may hurt the opponent. On the ring there is a nylon rope twelve feet in length. At its end a loop is formed to bind the wrist. The brackets are about twelve ounces in weight. During the attack, if it hits the opponent, just draw the rope back, and the spring is out of control. The brackets will hurt the opponent all the more. They may break the flesh and blood vessels. It is not easy to prevent this.

2. The Practice of the Iron Lotus.

The practice of the iron lotus is similar to that of the meteoric hammer, but the methods of holding are different. The iron lotus is held with three fingers in order to avoid being hurt by its sharp angles. The launching force depends completely upon the wrist strength. Usually, the right hand is used. The rope's end circles round the wrist. Throwing is the only method, but the most suitable throwing is in sidling. Additionally, the casting and sideways throwing methods are also considered.

The sand bag or clay wall, upon which a plate-sized circle is

marked, is used as the practice target. The student should stand about five feet away from the target, holding the iron lotus with the right hand, a tiger mouth upward and a left shoulder toward the target. Quickly throw it sideward by a small, powerful setback. After throwing the lotus, the rope should be drawn back quickly in order to have the stopper drop out so as to hurt the opponent severely. The practice distance may be increased from time to time until twelve feet is reached. If at the distance of twelve feet, the target is hit without any loss, the application of the iron lotus is mastered.

3. The Origin of the Iron Lotus.

The iron lotus was created by Chou Ho of the Ming Dynasty, who was not only an iron smith but also a Kung Fu man. After fabricating the hidden weapon, he kept it as a family treasure. He handed it on from his own generation to another, never to others, even to his own son-in-law. Up to his fifth generation in the Ching Dynasty, since Chou Yi-Teh had no son or daughter, he taught the iron lotus to his five students, among them Tsou Chung Yu and Hsu Shih Fa. All his five students were moral Kung Fu men who also taught it to their own students. Therefore, the iron lotus spread throughout the country.

In southern China, there was a Hsu Shong San who was a beginner. He did not pass the official examination, but started to be a merchant. During that period a merchant could not do business easily if one did not know some Kung Fu. Therefore, Hsu Shong San learned some Kung Fu skills from Hua Cheng Chang, who was the third generation student of Hsu Shih Fa. Hsu Shong San not only knew some Kung Fu, but he also specialized in iron lotus. He did business to and from between the north and south of China. In just a few years, he made a lot of money.

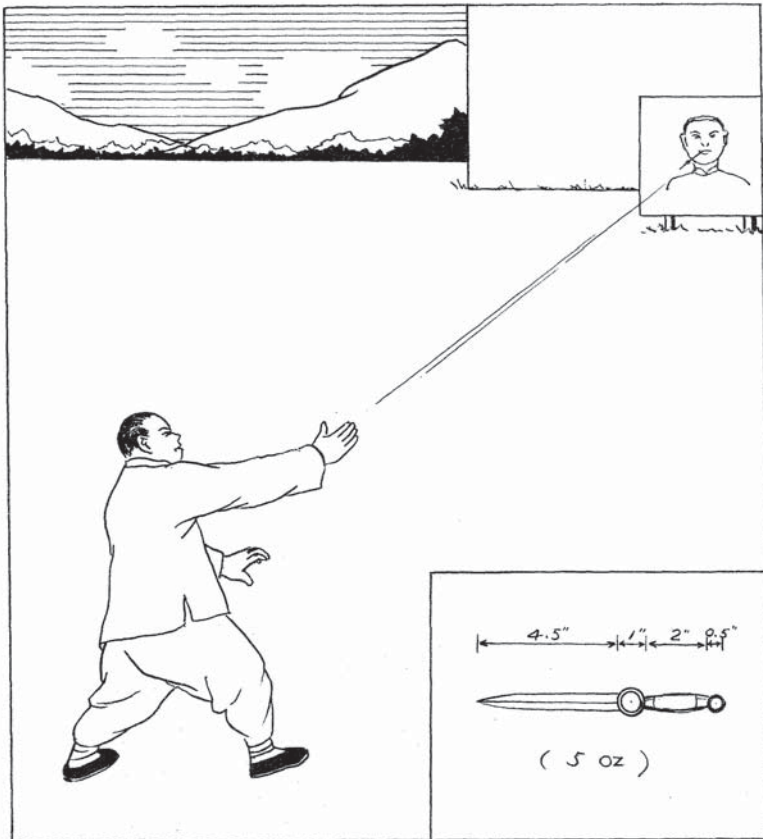
One time on his way to south, he was lost on a mountain road.

He met an old man and asked him where he could find a hotel to stay for a night. The old man said there was only one about twenty miles away. The old man persuaded him to stay with him in a straw hut nearby. Hsu Shong San followed him without hesitation. In the straw hut, Hsu met some other men who were of the same group under the command of the old man. They treated Hsu to very delicious dishes and wine. Hsu got drunk and was rolled by the men. They took all his money and found an iron lotus in his pocket. They discussed how to kill him; but the old man did not agree with them, because he thought Hsu might come from the same school as he. He pretended to ask some questions of him before killing him.

When Hsu awoke, he found he was tied with rope and learned that he had been victimized. The old man questioned him as to why he brought an iron lotus with him and who his teacher was. Hsu answered that his teacher was Hua Cheng Chang. The old man was surprised and said, "Your teacher was my elder fellow student under the same teacher." Had Hsu not brought an iron lotus with him, he might have been killed. The robbers returned all his money to him and escorted him to the south. Hsu had very complicated feelings about what happened to him. But the most important thing was that he was saved by his iron lotus.

29

Flying Sword



1. The Structure of the Flying Sword.

Flying Sword is the small sword used to attack the opponent by throwing it. The shape is similar to the sword when used as normal weapon, but the size is reduced to about seven inches long. The point is a triangle called the sword head. Both edges are thin and sharp, called blades. There is a round hand guard with a handle behind it. The two sides of the back decrease in size rapidly toward the two edges of the blade. At the end of the handle is a small ring. The sword head is about half an inch. Both blades are four and a half inches long and a half an inch wide. The hand guard is about one inch round. The thickness of the back is about one-fifth of an inch. The handle is two inches long and half an inch in diameter. The ring is only half an inch round. The weight of each flying sword is about five ounces, which, in comparison to a normal sword, is a reduction of more than five times.

The carrying method for the flying sword is the same as for the flying dagger, with six swords in a line, two lines in a scabbard. The scabbard is made of leather. Two belts are set at each end to be tied obliquely on one shoulder, so that the handles are to the left. This allows them to be taken out by the right hand. If the user is going to need his left hand, the carrying method should be in the opposite direction.

2. The Practice of the Flying Sword.

The practice of flying sword is similar to that of the flying sabre, but only the negative hand method is adopted. Launching the sword depends completely on your throwing strength. Using just one method to attack different targets is not very easy. Therefore, while throwing the sword, the hand should be a little bit higher than the target. Attempting to throw in a straight line should be avoided.

A board about one inch thick is used as the practice target. Draw a red heart the size of a small plate on the board. Stand about ten feet from the target. Hold the sword handle and throw it toward the target, having the sword head about one inch higher than the target. If unable to hit the target, the reason may be found through test throws until it is easy to do so. The practice is continued by changing the distance and reducing the size of the target until the student is able to hit the area of a coin at a distance of 100 feet. The next step is to draw a head on the board instead of the red heart. Thus, the student may practice from one point to another, such as to attack the ear, the nose, the mouth, the eye, etc. When the student is able to hit the target without a miss after a hundred throws, he has successfully mastered the flying sword. This takes at least three years of hard practice.

3. The Origin of the Flying Sword.

The Flying sword came from the Tang Dynasty. In the period of Shuan Tsung, there was a master, Yih Fa Shan from Fu Chou, who knew not only Taoism but had also mastered some Chinese Kung Fus. One day he went with a minister in casual dress to visit some places. They stayed in a restaurant to order some food. While eating, they were disturbed by a young man. Yih launched a flying small sword to attack him. The so-called "flying small sword" was a hidden weapon we have already discussed.

In the Ching Dynasty there was a very famous chief policeman, Mr. Ho, who specialized in flying sword. At 100 feet he could kill even birds and worms with his flying sword. Therefore, when he was assigned to arrest the important criminals, he never failed. Later, when he was old, he retired to his native town. Whenever there was any suspicious case, he was invited to return as a consultant. One year after his retirement, the government treasure house was robbed several times, and many treasures were lost. The police station was appointed to arrest the thief quickly.

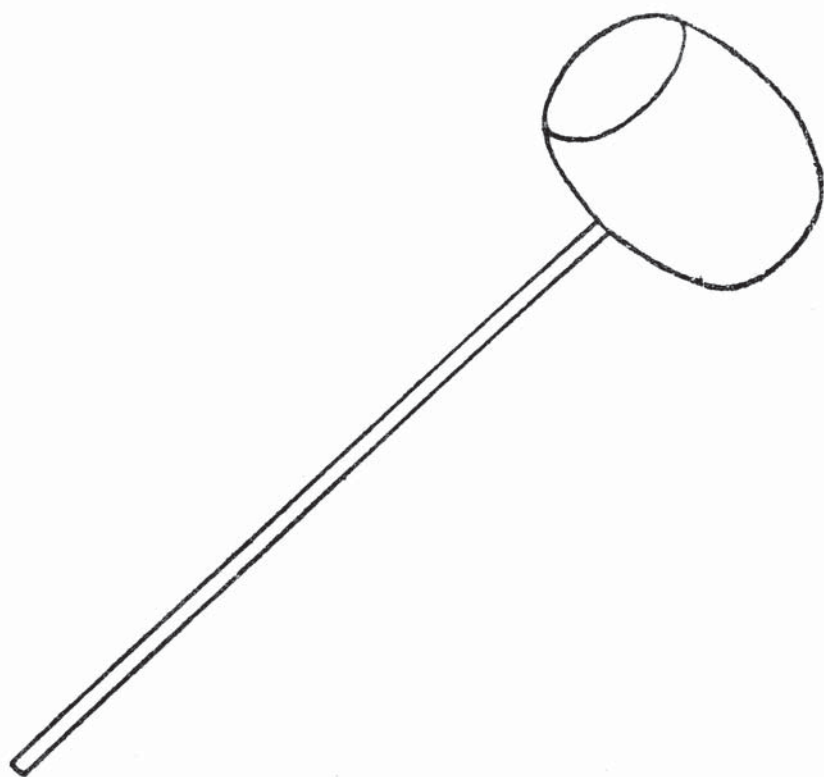
The police station spent a lot of time, but nothing was learned. At last, Mr. Ho was invited to give some of his comments. Ho knew nothing about the matter, but he said with confidence that the thief was not only full of Kung Fu but was extremely audacious. More attention should be paid to these facts.

Ho's old subordinates asked him to do the job, but refused, saying he was too old. But Ho was finally ordered by the governor to take the job. He made a deep investigation and figured that the thief had to come again. He waited for him behind a bush on the main road where the thief had to pass. After four days, there was still no trace of the criminal. On the fifth night, Ho was getting anxious, when a shadow passed by suddenly. Ho quickly threw out two of his flying swords. One hit the thief's heel, the other his ear. The thief escaped in great pain. Ho followed and found that the thief was an officer in the city government. To next day, the governor ordered the police station to search for the officer's house and found all the lost treasures.

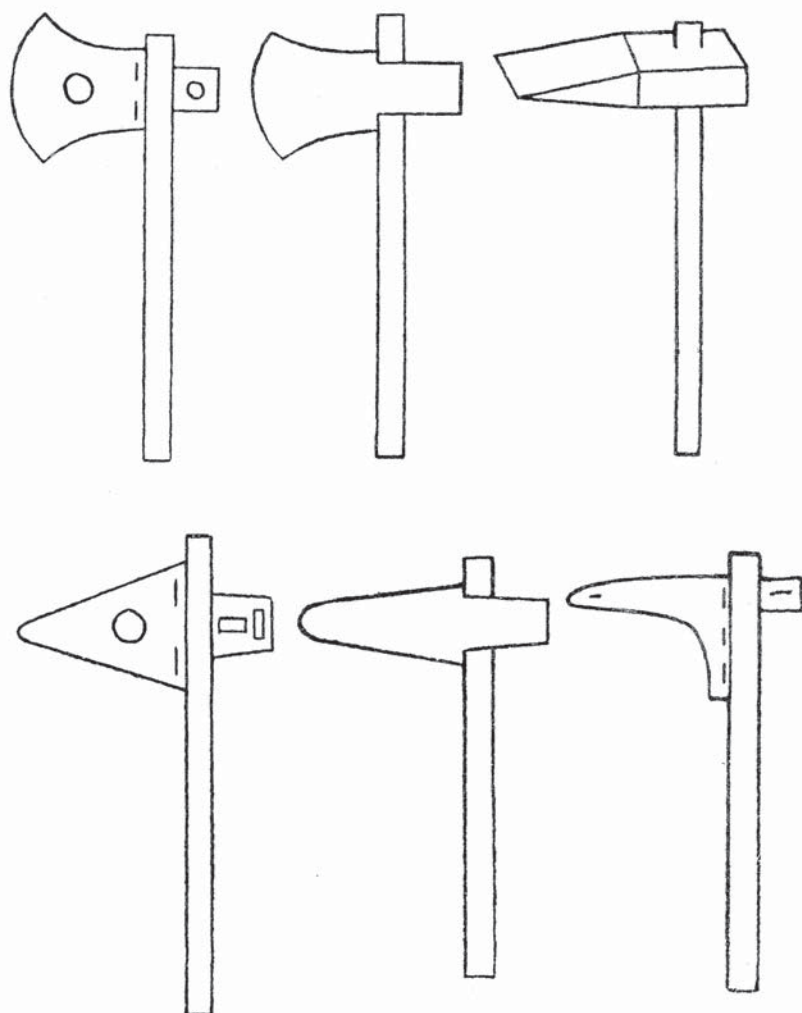
30

Introduction of some ancient Chinese weapons which are related to hidden weapons:

Iron Hammer (鐵錘),
Axes (斧),
Flying Spears (飛鎗 , 飛劍),
Dagger (刀),
Bows (弓),
Crossbow and Arrows (弩弓與箭),
Sling (飄石).



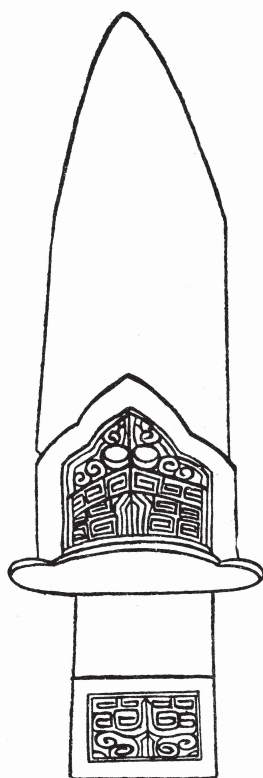
Iron Hammer



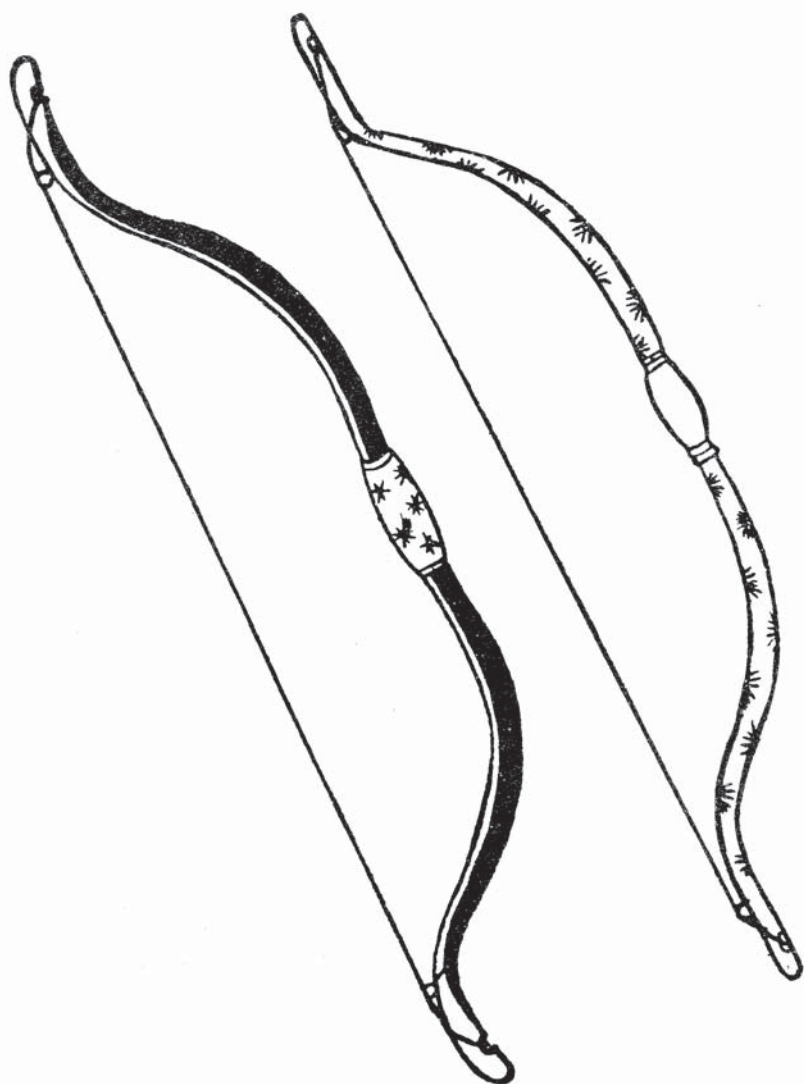
Axes



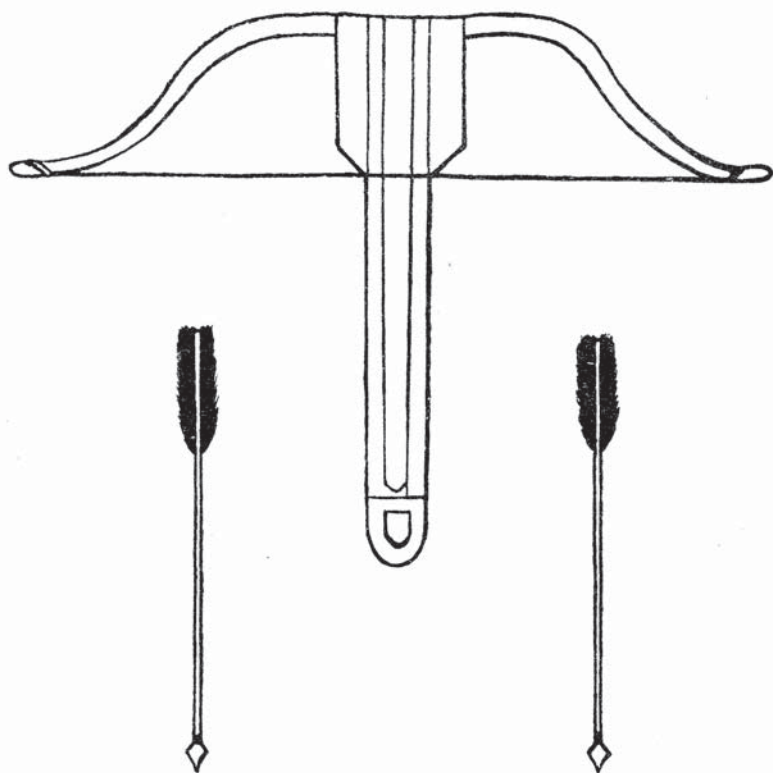
Flying Spears



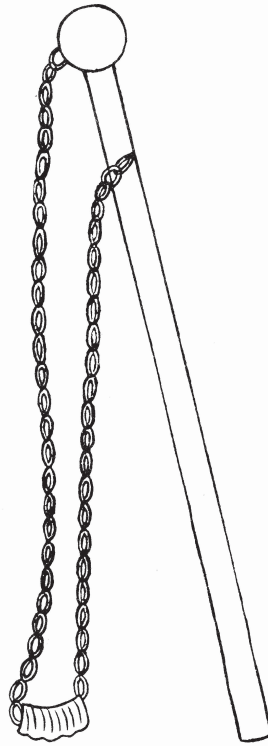
Dagger



Bows



Crossbow and Arrows



Sling

